

It's About Time!!!
 Personal Challenge Competition

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Fitness
A TO Z

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50+ SPORTS & FITNESS CATALOG

Nov. 2012 – Nov. 2013



There is no
 better time
 for you to
 get active!

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www.cabq.gov/seniors
 Citizen Contact Center 311



CITY OF ALBUQUERQUE

DEPARTMENT OF

Mayor Richard J. Berry



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS

Jorja Armijo-Brasher, Director DSA



It's About Time!



Dear Friends,

Did you know that even taking the “Time” for 30 minutes of exercise per day can provide many health benefits? “It’s About Time,” is this year’s Sports and Fitness catalog theme. We all live busy lives and sometimes scheduling the “Time” for exercise is hard to do. I believe exercise is so beneficial, I schedule the “Time” at my gym every morning, (well... nearly every morning.) I strengthen my body through lifting weights and working with kettle bells and try to add a cardio run when I can. I also enjoy the New Mexico outdoors by skiing, hiking and spending active time with my family.

If you desire to feel better, have more energy and perhaps even live longer, envision yourself

Fall 2012

taking time out of each day to achieve this goal! The benefits of exercise are yours for the taking, regardless of your age, gender or physical ability. Need more evidence to convince you to exercise? Take a look at these seven ways the Mayo Clinic says exercise can improve your life. Exercise controls weight, combats health conditions, improves mood, boosts energy, promotes better sleep, puts the spark back in your sex life, and exercise can be fun and invigorating after a long day at work.

Please take the “Time” and look through this comprehensive sports and fitness catalog. My hope is that you will find an activity or class that can help you begin a program to improve your health, reach your goals, and have fun!

Mayor Richard J. Berry
City of Albuquerque



City of Albuquerque
Richard J. Berry, Mayor

The 50+ Sports & Fitness Program is operated by the City of Albuquerque, Department of Senior Affairs, Recreation Division; with partial funding from the Area Agency on Aging. The 50+ Sports & Fitness Program headquarters is located at the Palo Duro 50+ Sports & Fitness Center at 3351 Monroe NE. The program designs and implements activities to keep adults aged 50+, active and healthy.

Inquiries may be directed to Karen Baker, Program Supervisor, at (505) 880-2800 or kbaker@cabq.gov

Jorja Armijo-Brasher,
Director, Department of Senior Affairs

Vacant, Recreation Division Manager

Department of Senior Affairs Advisory Council

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Dist. 8Trudy Jones, President
Dist. 9Don Harris



2012 mayor's press conference
honoring senior olympians

Closing Dates

Veteran's Day, **Mon, Nov 12, 2012**
Thanksgiving, **Thur, Nov 22–23, 2012**
Christmas, **Tue, Dec 25, 2012**
New Year's Day, **Tue, Jan 1, 2013**
MLK, Jr.'s Birthday, **Mon, Jan 21, 2013**
President's Day, **Mon, Feb 18, 2013**
Memorial Day, **Mon, May 27, 2013**
Independence Day, **Thur, July 4, 2013**
Labor Day, **Mon, Sept 2, 2013**

Closed for Renovations

Bear Canyon will be closed for renovation starting January 2013.

For updates visit:

<http://www.cabq.gov/seniors/centers>



2013 Cleaning Dates

Palo Duro 50+ Sports & Fitness Ctr.,
January 14–19, July 8–12
Los Volcanes 50+ Sports & Fitness Ctr.,
Feb 25–March 3, August 5–11
Manzano Mesa Multigenerational Ctr.,
January 7–12, September 9–14
North Domingo Baca Multigenerational Ctr.,
February 11–16, July 29–August 3



Dear Friends,

The 2013 catalog theme, “It’s About Time,” addresses the issue of taking the time to schedule healthy habits into your life. No matter what your interests, or your starting point, “It’s About Time” to improve your health. With many options to choose from the 50+ Sports and Fitness program and the Department of Senior Affairs programs and classes will help you find the “Time” to improve your health.

For those who are suffering from a chronic disease and don’t know where to start, The “My CD” program, Manage Your Chronic Disease (page 24) is a free series of workshops to help you set goals, and create a step by step plan to improve your health and quality of life.

This catalog features a comprehensive program of activities, classes, workshops and trips for all ages and abilities. For example, you can learn to strength train in one of our 50+ facilities, enjoy paddleboarding on the Rio Grande, go on a walking tour of the zoo and

Fall 2012

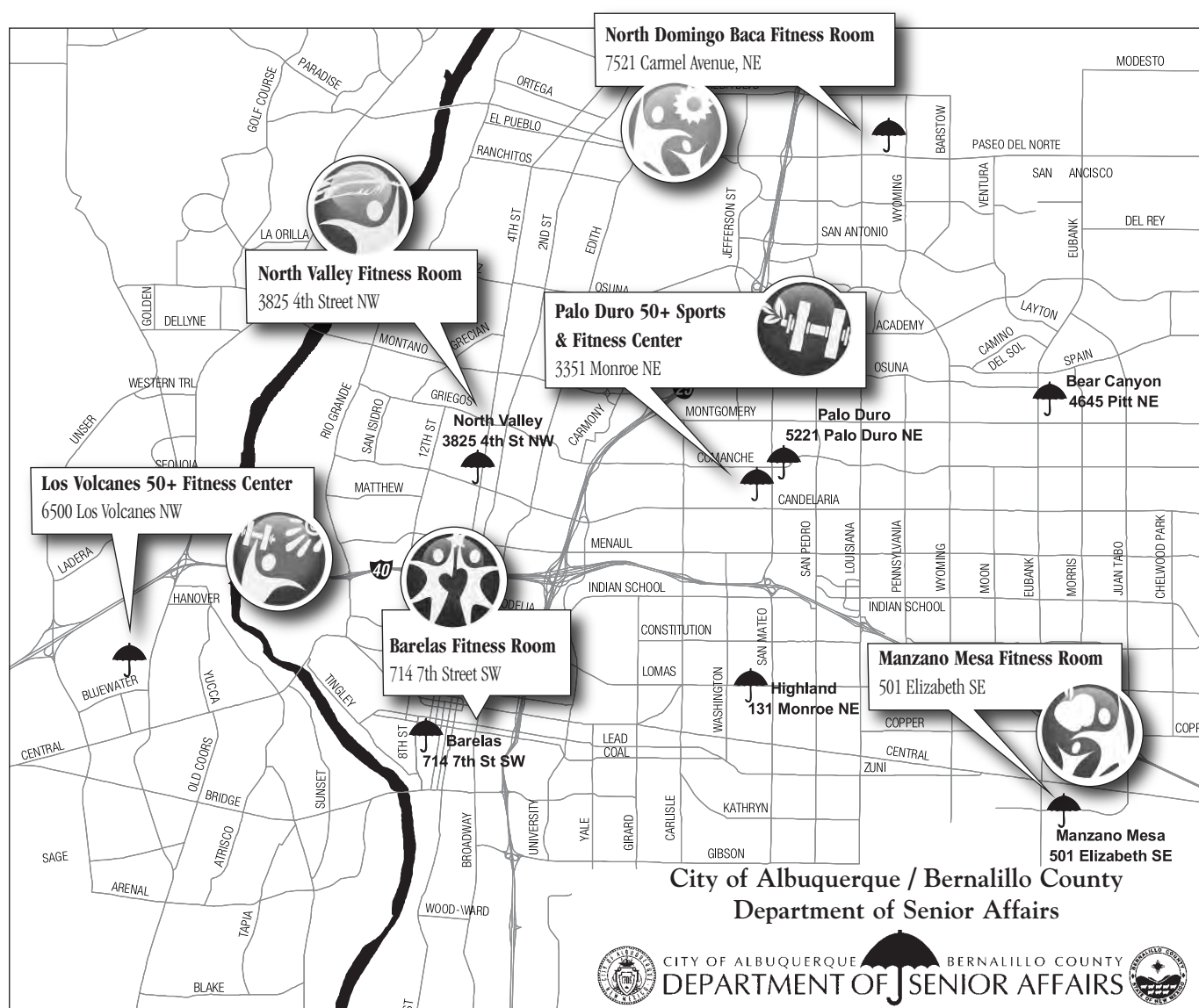
Bio Park, choose an easy or challenging hike, or enjoy the wonderful backcountry in New Mexico while snowshoeing, or skiing.

Finding the “Time” to exercise can be a fun and rewarding experience. In addition to the benefits that exercise provides, staying active will give you a feeling of satisfaction and accomplishment; you will meet new friends and open yourself to new experiences that were once deemed impossible.

Call the 50+ Sports & Fitness office at (505) 880-2800 to inquire about the exciting programs or if you have questions about other Department of Senior Affairs services, please call the information line at (505) 764-6400.

Sincerely,

Jorja Armijo-Brasher, Director
Department of Senior Affairs



Fitness Facilities

Managers:

Karen Baker, Program Supervisor,
kbaker@cabq.gov

Melissa Pochiro, Health & Wellness
Specialist, mpochiro@cabq.gov

Brett Steinmetz, Health & Wellness
Specialist, bsteinmetz@cabq.gov

Dominic Saavedra, Health & Wellness
Specialist, dsaavedra@cabq.gov

Roy Gager, Fitness Room Manager,
rgager@cabq.gov

**Palo Duro
50+ Sports & Fitness Center**
3351 Monroe NE, Alb., NM 87110
Phone: 880-2800 • Fax: 883-9362
Mon.–Fri., 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

**Los Volcanes
50+ Sports & Fitness Center**
6500 Los Volcanes NW, Alb., NM 87121
Phone: 839-3710 • Fax: 839-9466
Mon.–Fri., 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

**Manzano Mesa Multigenerational
Center Fitness Room**
501 Elizabeth SE, Alb., NM 87123
Phone: 275-8731 • Fax: 275-8734
Mon.–Fri., 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

**North Domingo Baca
Multigenerational Center
Fitness Room**
7521 Carmel Ave. NE, Alb., NM 87113
Phone: 764-6496

Mon.–Fri., 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm
**New fitness room scheduled to
open January, 2013**

North Valley Fitness Room
3825 Fourth St. NW, Alb., NM 87107
Phone: 761-4025 • Fax: 761-4031
Mon.–Fri., 8:00 am–5:00 pm
Tuesday, 8:00 am–9:00 pm
Sunday, 12:45–4:30 pm

Barelas Fitness Room
714 7th St. SW, Alb., NM 87102
Phone: 764-6436 • Fax: 764-6472
Mon.–Fri., 8:00 am–5:00 pm
Saturday, 9:00 am–3:00 pm

Centers

Barelas
714 7th St. SW, Alb., NM 87102
Linda Jackson, Manager
Maria Aguero, Programmer
Phone: 764-6436 • Fax: 764-6472
Mon.–Fri., 8:00 am–5:00 pm

Bear Canyon
4645 Pitt NE, Alb., NM 87111
Cassandra Vigil, Manager
Corinne Elwell, Programmer
Phone: 291-6211 • Fax: 291-6237
<http://home.comcast.net/bearcanyonseniorcenter/index.htm>
Mon.–Fri., 8:00 am–5:00 pm
Thursday, 8:00 am–9:30 pm
Saturday, 9:00 am–3:00 pm

Highland
131 Monroe NE, Alb., NM 87108
Toni Chumash, Manager
Julianna Brooks, Programmer
Phone: 256-2000 • Fax: 256-2004
Mon.–Fri., 8:00 am–5:00 pm
Wednesday, 8:00 am–7:00 pm
Saturday, 10:00 am–4:00 pm

**Closed for
renovations
Starting
Jan 1**

Los Volcanes
6500 Los Volcanes NW
Albuquerque, NM 87121
Gladi Peltomaki, Manager
Antoinette Sigala, Programmer
Phone: 836-8745 • Fax: 836-8749
Mon.–Fri., 8:00 am–5:00 pm
Thursday, 8:00 am–7:00 pm
Saturday, 9:00 am–1:00 pm

**Manzano Mesa
Multigenerational Center**
501 Elizabeth SE
Albuquerque, NM 87123
Cristin Chavez-Smith, Manager
Patty Gutierrez, Center Supervisor
Angelina Poulin, Youth Programmer
Phone: 275-8731 • Fax: 275-8734
Mon.–Fri., 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

**North Domingo Baca
Multigenerational
Center**
7521 Carmel Ave. NE, Alb., NM 87113
James Mader, Manager
vacant, Center Supervisor
Christina Jenkins, Youth Programmer
Phone: 764-6475
Mon.–Fri., 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

North Valley
3825 Fourth St. NW, Alb., NM 87107
Ed Nuñez, Manager
Sandra Lucero, Programmer
Phone: 761-4025 • Fax: 761-4031
Mon.–Fri., 8:00 am–5:00 pm
Tuesday, 8:00 am–9:00 pm
Sunday, 12:45–4:30 pm

Palo Duro
5221 Palo Duro NE, Alb., NM 87110
Leeann Torres, Manager
Natasha Montoya, Programmer
Phone: 888-8102 • Fax: 888-8107
Mon.–Fri., 8:00 am–5:00 pm
Wednesday, 8:00 am–7:00 pm
Saturday, 9:00 am–1:00 pm

**50+ Sports
and Fitness Office**
880-2800

From Karen Baker, 50+ Sports & Fitness Program Supervisor



Dear Friends,

It's the time of year when we all want to make changes and meet individual goals, the 50+ Sports and Fitness Program and the theme for this year's catalog is, "It's About Time!" I am very proud to introduce the 2013, 50+ Sports & Fitness Catalog and to tell you about our new "It's About Time" personal challenge.

Simply stated, this year's theme, "It's About Time", is a reminder to all of us that we need to take the "Time" to care for ourselves. I still work full time, and like you, sometimes I find it hard to work all day and have the energy to workout. The U.S. Surgeon General recommends that people get at least 150 minutes of moderate to intense exercise per week, (or more easily broken down) 30 minutes per day for at least five days per week. This basic level of activity is enough to improve your health.

We are having a personal challenge competition starting

January 2, 2013 and, you guessed it, "It's About Time!" For 12 weeks we are encouraging our members to track the time spent on getting fit and staying active. So whether you are walking on the treadmill at one of our fitness centers, playing pickleball at one of our senior centers, taking a hike with us or jogging around the block, we want to know about it. You will earn credit towards some great prizes as you continue to work toward your "It's About Time" goal of 30 minutes a day!

I hope our theme, "It's About Time," and the activities we offer will encourage you to take the "Time" to get moving.

Sincerely,

Karen Baker

Karen Baker
50+ Program Supervisor

The 50+ Sports & Fitness Program provides opportunities to learn safe, effective and fun ways to exercise.



It's About Time!!!

Personal Challenge Competition

It's the time of year when we all want to make changes and meet individual goals, so the 50+ Sports and Fitness Program, has determined that, "It's About Time!"

We are having a personal challenge competition and, you guessed it, "It's About Time!" For 12 weeks we are encouraging our members to track the time they spend on getting fit and staying active. So whether you are walking on the treadmill at one of our fitness centers, playing pickleball, taking a hike with us or jogging around the block we want to know about it. You will earn credit towards some great prizes as you continue to work toward your "It's About Time" goal of 30 minutes a day!

So get ready, "It's About Time!"

For more information call the 50+ Sports & Fitness Center at 880-2800.

Rules and Guidelines

- Must be a member of the Department of Senior Affairs
- "It's About Time" Cards will be issued at each 50+ Sports and Fitness Center starting January 2, 2013.
- You track your activities and time on your "Time" card and have it initialed by the 50+ S&F staff.
- We will give credit up to 30 minutes of activities done outside of the 50+ S&F program per week. - For example: Walking the dog, bike riding on the Bosque or golfing.
- All activities must be verified by 50+ S&F staff to earn credit.
- Every two weeks bring your card in, get tallied and recorded, prizes will be awarded at specific intervals.

Center memberships are only \$13 a year!

Membership offers fitness programs, as well as classes, travel, meals, computer labs, volunteer opportunities, competitive sports events, and much more at 6 Centers, 2 Fitness Centers, and 2 Multigenerational Centers.

Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than thirty years. Through innovative programs and quality services, we have evolved into an exemplary model, dedicated to enriching the lives of seniors. The services and opportunities listed in this catalog are especially designed for 50+ clients. Many of our programs have a minimum age requirement of 50 years to participate. Other programs, including Home-Delivered Meals, Transportation, and Care Coordination, which are funded by the Older American's Act, have a minimum age of 60. The Albuquerque 50+ Games are open to those who are age 50, or older, by December 31. Some services may request a contribution; however, no one will be denied services for not contributing.

For additional information on how to access services, please call Senior Information at (505) 764-6400 or the 50+ Sports & Fitness Program at (505) 880-2800.

Our Vision

To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

Our Mission

The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

50+ Sports and Fitness Program Mission

Our goal is to promote a healthy lifestyle and help maintain independence in the later years of life. The 50+ Sports & Fitness Program is to offer a broad range of physical education and recreational activities designed to enhance the quality of life of older adults.



See page 30 for your first time card.

50+ Sports & Fitness Program Volunteer Opportunities

Gain the satisfaction of helping others improve their health and fitness level! The 50+ Sports & Fitness Program offers a wide variety of volunteer opportunities. Senior Volunteers are encouraged to join the R.S.V.P. (Retired Senior Volunteer Program), which may offer insurance to and from work, meals and mileage reimbursements to qualified individuals.

Adapted Aquatics

Volunteers are needed to serve as additional and/or substitute instructors, help distribute equipment, and keep track of records and attendance. Volunteers are also needed to lead exercises and answer questions.

Special Events and Front Desk

Volunteers are needed to help at the front desk and with special events at all our Fitness Centers.

Drivers

Volunteer drivers are needed to drive the participants to and from different program activities.

Albuquerque 50+ Games & The Compete & Meet Games

Our competitive games need volunteers to coordinate or assist in coordinating sporting events. This may include planning the event, setting up the facility, securing equipment, contacting athletes and soliciting donations. Help is also needed to coordinate workshops and trainings, and distribution marketing of the 50+ Sports & Fitness Catalog.

Winter Sports

We need volunteers to help lead downhill, cross country and snowshoe trips. Volunteers drive the van, help with equipment, coordinate events, and solicit donations. Volunteers are also needed for winter competitions in hockey, snowshoeing, downhill and cross country skiing.

Walking & Hiking

We are also looking for volunteers to help lead walking and hiking trips. Volunteers may drive the van, and/or help the program coordinator with equipment and trip logistics.

Interested in volunteering for any of these activities?
Please call us at 880-2800.

Exercise Classes & Weight Training Orientations

We are always looking for volunteers who are interested in being trained to lead exercise classes and give weight training orientations (Volunteer Orientation Coaches). Volunteers may serve as substitute exercise instructors and help with attendance reports and special projects. Volunteer Orientation Coaches are trained by our certified personal trainers to assist clients in learning how to use the weight training equipment safely and effectively.

Assistant Trainers are needed at these sites:

1. **Palo Duro 50+ Sports & Fitness Center**
3351 Monroe NE, Alb., NM 87110 • 880-2800
2. **Manzano Mesa, Fitness Room**
501 Elizabeth SE, Alb., NM 87123 • 275-8731
3. **North Valley, Fitness Room**
3825 4th Street NW, Alb., NM 87107 • 761-4025
4. **Los Volcanes 50+ Sports & Fitness Center**
6500 Los Volcanes NW, Alb., NM 87121 • 839-3710
5. **North Domingo Baca, Fitness Room**
7521 Carmel Ave. NE, Alb., NM 87113
764-6496



2013 Outdoor Winter Recreation

SPECIAL WINTER TRIPS

Snow Play at Valles Caldera National Preserve

Valles Caldera is a pleasure to Cross Country Ski or Snowshoe. Experience the preserve during daylight hours or enjoy a moonlight adventure! The preserve is 89,000 acres that includes the headwaters of both San Antonio Creek and the East Fork of the Jemez River.

Palo Duro 50+ Sports & Fitness Center

DAY TRIP: Saturday, February 9, 2013

CHECK IN: 8:00 am • RETURN: 5:00 pm

MOONLIGHT TRIP: Saturday, January 26, 2013

CHECK IN: 3:30 pm • RETURN: 11:00 pm

\$9 transportation and \$10 paid to Valles Caldera National Preserve

50+ "Winter Sports Bunch" Club 2013 Overnight Trips

This 50+ group takes winter sports trips together. Costs are estimated and final costs are based on the number of participants. Contact Wally Ross, w20ross@aol.com or Cindy McConnell at cmcconnell@cabq.gov for information.

Red River Ski Area & Enchanted Forest X-Country Ski Snowshoe Area

Tuesday–Thursday, January 22–24, \$145/person

Wolf Creek Ski Area & Nordic Area

Tuesday–Thursday, February 19–21, \$135/person

Durango Mountain Resort & Nordic Snowshoe Area

Tuesday–Thursday, March 5–7, \$140/person

WINTER FITNESS

BFIT2SKI

Get ready for the winter sport season. Burn fat, gain strength, build lean muscle and increase cardio endurance while having fun with our sport specific training class.

Palo Duro 50+ Sports & Fitness Center

5:45–6:45 pm • Jacquie Gantzer, 239-9399

SESSION 1: Class 1: Tuesday, Oct 9–Nov 13, 2012
Class 2: Thursday, Oct 11–Nov 15, 2012

SESSION 2*: Class 1: Tuesday, Nov 27, 2012–Dec 18, 2012
Class 2: Thursday, Nov 29, 2012–Dec 20, 2012

SESSION 3: Class 1: Tuesday, Jan 8–Feb 12, 2013
Class 2: Thursday, Jan 10–Feb 14, 2013

Class runs for 6/wks: \$43 for 1 class/wk or \$80 for 2 classes/wk

*Session 2, Special 4-Week Holiday Class Price \$28 plus tax per 4-week session

**Get Ready
for the 2013
Ski Season!**

SKI SANTA FE

Join Santa Fe Ski Area for our Seasoned Skier Program for ages 50+ and become a "Black Diamond Club" member. This 6-week program runs Jan. 7–Feb 11. For information and to register visit: www.skisantafe.com



Join the Senior Challenge!

❄ Outdoor Winter Recreation continued

Welcome in the New Year!

Join us at the 2013 50+ Winter Sports BLAST OFF WEEK!

New Year's Day in the Santa Fe National Forest

Alpine Skiers, ski Santa Fe Ski Area; **Nordic Skiers** ski the Nordic Trails below the Ski Area; and **Snowshoers** hike Aspen Vista, all in the Santa Fe National Forest. After our day in Santa Fe, we will meet for dinner at Golden Corral in Albuquerque for Socializing!

Palo Duro 50+ Sports & Fitness Ctr.
Tuesday, January 1
 CHECK IN: 7:30 am
 DEPART: 7:30 am • RETURN: 5:00 pm
 \$9 transportation

Alpine Ski Lessons with Hubert Seigmann (2-day Clinic)

Compete better and improve your everyday skiing! Turn a ski day into a GREAT ski day with Hubert Seigmann, the head coach of the Santa Fe Ski Team, internationally experienced, world-class ski racer and coach for over 30 years?

DAY 1: 2-hour Dry Land Clinic:
Wednesday, January 2, 12:00–2:00 pm,
 McKinley Community Center

DAY 2: Day-long on-Slope Clinic at Santa Fe Ski Area
Thursday, January 3
 CHECK-IN: 7:30 am • RETURN: 5:00 pm,
 \$9 transportation and \$10 paid to the Santa Fe Ski Team.

Telemark Ski Clinics

Enjoy a morning of professional instruction in Telmark skiing at the Santa Fe Ski Basin, followed by an afternoon of practice. “Free the Heel, Free the Mind” Learn the basics or improve that beautiful ‘tele-turn’.

Palo Duro 50+ Sports & Fitness Ctr.
Thursday, January 3
 CHECK IN: 7:30 am
 DEPART: 8:00 am • RETURN: 5:00 pm
 \$25, instruction, van transportation.

Back Country Winter Sports Clinics

Improve technique or learn to enjoy a beautiful back-country winter sport! Groups are formed by level and ability.

• **Beginning Cross Country Ski Lessons:** Learn the basics of or brush up on your skills. Equipment is not provided.

• **Intermediate Cross Country Ski Review:** A refresher for intermediate to advanced skiers. Equipment is not provided.

• **Beginning Snowshoe:** Learn the basics. Snowshoes may be checked out at the Palo Duro 50+ Sports & Fitness Center at no charge with a valid driver's license.

Palo Duro 50+ Sports & Fitness Ctr.
Friday, January 4
 Destination: the best snow (TBA)
 CHECK IN: 7:30 am
 DEPART: 8:00 am • RETURN: 5:00 pm
 \$15/clinic and transportation

Note: alpine and telemark skiers and snowboarders must purchase their own lift ticket and rental equipment. Seniors 72+ receive free lift tickets.

2013 Winter Recreation Day Trips

Trips leave from Palo Duro 50+ Sports & Fitness Center

Space is limited; pre-payment is required to reserve your space on the van.

For info and to register call 880-2800.

Cross Country Skiing

TUESDAY CROSS COUNTRY SKIING TRIPS:

Enjoy the splendor of New Mexico's back country. For intermediate or advanced skiers. Destinations include: Jemez, Manzano, and Sandia Mountains.

11 weekly trips from Jan. 8–Mar. 19, 2013
 CHECK-IN: 8:00 am • DEPART: 8:30 am • RETURN: 4:30 pm
 Cross country skiers must stay with the group.
 Equipment is not provided



Snowshoeing

WEDNESDAY SNOWSHOEING TRIPS:

Snowshoeing is easy, inexpensive and fun! Destinations include: Jemez, Manzano and Sandia Mountains, depending on snow fall. Snowshoers can bring ski poles for more stability.

11 weekly trips from Jan. 9–Mar. 20, 2013
 CHECK-IN: 8:00 am • DEPART: 8:30 am • RETURN: 4:30 pm
 Snowshoers must stay with the group.

FRIDAY SNOWSHOE 101 TRIPS:

For those who would like to get outside, but need to build lung and leg power. Instruction includes snowshoe techniques and conditioning exercises and discussion of safety and minimal impact travel through the back country.

7 weekly trips from Jan. 11–Mar. 22, 2013
 CHECK-IN: 8:00 am • DEPART: 8:30 am • RETURN: 12:00
 Snowshoers must stay with the group.

SNOWSHOES MAY BE CHECKED OUT AT THE PALO DURO 50+ SPORTS & FITNESS CENTER AT NO CHARGE WITH A VALID DRIVER'S LICENSE.

Downhill Ski and Snowboard

THURSDAY DOWNHILL

SKIING & SNOWBOARDING TRIPS:

Let us do the driving, so you can hit the slopes at Santa Fe ski area.

11 weekly trips from Jan. 10–Mar. 21, 2013
 CHECK-IN: 7:00 am • DEPART: 7:30 am • RETURN: 4:30 pm

DOWNHILL SKIERS AND SNOWBOARDERS MUST PURCHASE OWN LIFT TICKET.
 SENIORS 72+ GET FREE LIFT TICKETS.



The City of Albuquerque, Department of Senior Affairs, center membership and \$9 will cover the cost of transportation for each trip! Bring a sack lunch, snacks, water and dress warmly in layers.

Please print

We reserve the right to change trip locations due to snow conditions. Changes will be posted at sign-in desk prior to trip departure. Registration is first come, first served. You may register at the Palo Duro 50+ Sports & Fitness Center, or by mailing your registration to: 3351 Monroe N.E., Albuquerque NM 87110

2013 Winter Outdoor Recreation Registration Form

Name:

Last

First

Middle

Date of birth

Address:

Street

City

State

Zip

Phone: E-mail: SS# (last 4 digits):

Emergency Contact:

Name

Relationship

Phone


Would you like to be a volunteer? ☐ YES

TUESDAY TRIPS				WEDNESDAY TRIPS				THURSDAY TRIPS				FRIDAY TRIPS			
Cross-Country				Snowshoeing				Downhill Skiing				Snowshoe 101			
<input type="checkbox"/>	Trip 1	Jan. 8	Open \$9	<input type="checkbox"/>	Trip 1	Jan. 9	Open \$9	<input type="checkbox"/>	Trip 1	Jan. 10	Santa Fe \$9	<input type="checkbox"/>	Trip 1	Jan. 11	Closest Snow \$9
<input type="checkbox"/>	Trip 2	Jan. 15	Open \$9	<input type="checkbox"/>	Trip 2	Jan. 16	Open \$9	<input type="checkbox"/>	Trip 2	Jan. 17	Santa Fe \$9	<input type="checkbox"/>	Trip 2	Jan. 18	Closest Snow \$9
<input type="checkbox"/>	Trip 3	Jan. 22	Open \$9	<input type="checkbox"/>	Trip 3	Jan. 23	Open \$9	<input type="checkbox"/>	Trip 3	Jan. 24	Santa Fe \$9	<input type="checkbox"/>	Trip 3	Jan. 25	Closest Snow \$9
<input type="checkbox"/>	Trip 4	Jan. 29	Open \$9	<input type="checkbox"/>	Trip 4	Jan. 30	Open \$9	<input type="checkbox"/>	Trip 4	Jan. 31	Santa Fe \$9	<input type="checkbox"/>	Trip 4	Feb. 1	Closest Snow \$9
<input type="checkbox"/>	Trip 5	Feb. 5	Freeze Fest \$12	<input type="checkbox"/>	Trip 5	Feb. 6	Freeze Fest \$12	<input type="checkbox"/>	Trip 5	Feb. 7	Freeze Fest \$9/\$18	<input type="checkbox"/>	Trip 5	Feb. 8	Closest Snow \$9
<input type="checkbox"/>	Trip 6	Feb. 12	Open \$9	<input type="checkbox"/>	Trip 6	Feb. 13	Open \$9	<input type="checkbox"/>	Trip 6	Feb. 14	Open \$9	<input type="checkbox"/>	Trip 6	Feb. 15	Closest Snow \$9
<input type="checkbox"/>	Trip 7	Feb. 19	Open \$9	<input type="checkbox"/>	Trip 7	Feb. 20	Open \$9	<input type="checkbox"/>	Trip 7	Feb. 21	Santa Fe \$9	<input type="checkbox"/>	Trip 7	Feb. 22	Closest Snow \$9
<input type="checkbox"/>	Trip 8	Feb. 26	Open \$9	<input type="checkbox"/>	Trip 8	Feb. 27	Open \$9	<input type="checkbox"/>	Trip 8	Feb. 28	Santa Fe \$9	<input type="checkbox"/>	Trip 8	Mar. 1	Closest Snow \$9
<input type="checkbox"/>	Trip 9	Mar. 5	Open \$9	<input type="checkbox"/>	Trip 9	Mar. 6	Open \$9	<input type="checkbox"/>	Trip 9	Mar. 7	Santa Fe \$9	<input type="checkbox"/>	Trip 9	Mar. 8	Closest Snow \$9
<input type="checkbox"/>	Trip 10	Mar. 12	Open \$9	<input type="checkbox"/>	Trip 10	Mar. 13	Open \$9	<input type="checkbox"/>	Trip 10	Mar. 14	Santa Fe \$9	<input type="checkbox"/>	Trip 10	Mar. 15	Closest Snow \$9
<input type="checkbox"/>	Trip 11	Mar. 19	Open \$9	<input type="checkbox"/>	Trip 11	Mar. 20	Open \$9	<input type="checkbox"/>	Trip 11	Mar. 21	Santa Fe \$9	<input type="checkbox"/>	Trip 11	Mar. 22	Closest Snow \$9
CROSS-COUNTRY TOTAL \$ _____				SNOWSHOEING TOTAL \$ _____				DOWNHILL TOTAL \$ _____				SNOWSHOE 101 TOTAL \$ _____			
				<input type="checkbox"/> Have own snowshoes											

LIABILITY WAIVER

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, the Sandia Peak Ski Company, Santa Fe Ski Company, (hence and hereafter sometimes referred to as sponsors), their agents, employees, representatives and assigns, from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of injury arising out of my participation in the 50+ Winter Sports Program. I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition and I am physically able to participate in the events I have selected. I know of no

physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the 50+ Winter Sports Program. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized preexisting medical disorder which I may have, thereby resulting in serious or life-threatening harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the 50+ Winter Sports Program.



☐ **By checking the box I agree to the following:** The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials. The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature: _____

Date: _____

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Senior Winter Sports Program, to observe all rules, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, 50+ Winter Sports Program.

Are you a City of Albuquerque center member? ☐ YES ☐ NO

If yes, which center?

Center Name

When does your membership expire?

Date

IMPORTANT Payment Schedule and Trip Policies

- Registrations for Winter Sports are on a first come, first serve, prepaid, sign-up basis.
- Make checks payable to the City of Albuquerque.
- Participants must leave and stay with the group on all trips. No exceptions!**
- Cancellations for day trips will require a 24-hour notice for a refund.
- All Winter Sports refund and trip transfer requests must be made by Friday, April 19, 2013** to the Palo Duro 50+ Sports & Fitness Office. No requests for refunds or transfers will be taken after this date.
- Activities will be canceled due to weather conditions, or when minimum attendance is not met.** A minimum of 6 participants is required to use a single van; a minimum of 12 people is required to use 2 vans.
- If a Winter Sports event is canceled, you may apply the credit to another Winter Sports trip or request a refund.



<input type="checkbox"/> New Year's Day in the Santa Fe National Forest		
Tuesday, January 1	\$	9
TRIP TOTAL	\$	_____
<input type="checkbox"/> Alpine Ski Lessons (2-Day Clinic)		
Wed & Thur, Jan 2 & 3		
Pay Ski Team	\$	10
Transportation	\$	9
TRIP TOTAL	\$	_____
<input type="checkbox"/> Telemark Ski Lesson		
Thursday, Jan. 3	\$	25
TRIP TOTAL	\$	_____
<input type="checkbox"/> Back Country Winter Sports Clinic		
Friday, Jan. 4	\$	15
TRIP TOTAL	\$	_____
Valles Caldera Nature Preserve		
<input type="checkbox"/> Moonlight Trip, Sat, Jan 26		
Pay at preserve	\$	10
Transportation	\$	9
TRIP TOTAL	\$	_____
<input type="checkbox"/> Day at Preserve, Sat, Feb 9		
Pay at preserve	\$	10
Transportation	\$	9
TRIP TOTAL	\$	_____
Trip fees from Above	\$	_____
Center Membership (\$13)	\$	_____
TOTAL FEES	\$	_____



2013 Outdoor Summer Recreation

Biking • Hiking • Kayaking • Paddleboarding • Walking • Rockclimbing

BIKING

Mountain Biking for Beginners

Sponsored by 50+ Sports & Fitness Program, The City of Albuquerque, Parks and Recreation Dept. and Sports Systems

Explore new and exciting terrain with off-road biking. Make a smooth transition from paved roads to dirt trails with an experienced cyclist in both road and mountain biking. This two-part class includes a 2½ hour introduction and a one-hour off road easy ride through the Bosque.

The first part covers getting the most from your mountain biking experience: what to wear, bike fit, helmet sizing, flat tire repair, and much more. The second part covers riding tips such as proper weight distribution, turning dynamics, and injury prevention.

Rio Grande Bosque Thursday, June 20, 2013

9:00 am, meet in the parking lot at southeast corner of Coors and Montañito. \$10, includes class, trail ride, handouts, a tube repair kit, and tire tools. Bring your own mountain bike and helmet.

Biking Essentials

Don't be at war with your bike. Learn the fundamentals that will make biking more enjoyable, regardless of experience or ability. Tips covered include: shifting technique, posture, clothing for different situations, pedal power, aerodynamics, proper bike fit, hydration and nutrition.

Balloon Fiesta Park, Golf Training Ctr. Saturday, Sept. 14, 2013

9:00–11:00 am (1-hour lecture, 1-hour practical) \$10, bring your bicycle and helmet (required) Susan Rice, 26 years of cycling experience, tour director, race director, amateur racer

HIKING

50+ Sports & Fitness Program Hiking

April–October, 2013

Designed for the beginning to intermediate hiker, hikes will vary from easy/moderate (A/B) hikes to the more challenging (C/D) level hikes. See our descriptions so you can select to your abilities. Hike the Sandia, Manzano, Jemez and Pecos wilderness areas! Our focus is fitness, but we take time to stop along the way and view birds, wildlife and wildflowers. Bring your own lunch, snacks and drinks.

Trip costs vary based on 5¢ per mile for van transportation. Prepay to reserve your place! Our annual Overnight Hike takes the place of our weekly hike the last week of October.

Palo Duro 50+ Sports & Fitness Center
Monday, 7:15 am–5:00 pm
Vivian Heyward & Cindy McConnell

N. Domingo Baca Fitness Center
Every other Wednesday,
8:00 am–5:00 pm
Cindy McConnell & Dick Brown

Los Volcanes 50+ Sports & Fitness Center
Every other Wednesday
7:15 am–5:00 pm
Cindy McConnell & Dick Brown



Hiking 101

Would you like to hike with us, but you're not sure you are up for the challenge? Then these half day hikes through the Albuquerque Foothills and East Mountains are for you. Learn hiking techniques, conditioning exercises, safety, and minimal impact travel through the back country. Soon you will be ready to join your friends on the 'all-day' trips with confidence and skill! Wear sturdy shoes or hiking boots, bring water and dress in layers. Nordic walking poles are provided by the center with a valid driver's license.

Palo Duro 50+ Sports & Fitness Center
SESSION 1: Friday, April 19–May 24, 2013
SESSION 2: Friday, Sept. 6, 13, 20, 27, Oct. 4, 18, 2013
7:15 am–1:00 pm, Cindy McConnell, 880-2800



Center Hiking (intermediate)

The Albuquerque Centers offer hike trips year round. Schedules are available at front desk of participating centers or at www.aschg.org. Transportation cost is 5¢ per mile.

Bear Canyon
Every other
Thursday, 8:00 am
Sandy McAvoy

North Valley
Every other Thursday,
8:00 am
Bill Gloyd

Bear Canyon and
North Valley dates
are coordinated

Los Volcanes
Every other Friday,
8:00 am, Dick Brown

Highland
Every other Tuesday,
8:00 am, Pat Newman

Palo Duro
Every other Tuesday,
8:00 am, Marilyn Warrant
Saturday, 8:45 am
Sue Pelletier

Highland and Palo
Duro dates are
coordinated

Check it out and get outside!

www.ASCHG.org

The Albuquerque Senior Center Hiking Groups website: www.ASCHG.org hosts an incredible database of 300 hikes in New Mexico as well as an up-to-date schedule of all senior center hikes. Get details about getting to the trailhead, mileage, elevation, difficulty levels and highlights. If you own a GPS, you can download waypoints and tracks before you set out! Members may receive hike notices and trip reports.

KAYAKING

Kayaking

Learn to kayak in a safe, controlled environment in this 2-part class. Experience the outdoors with this perfect all-ages, low-impact activity where finesse and technique are more important than physical strength. Part 1 takes place in an indoor, heated pool. Part 2 takes place on the scenic Rio Grande. We offer 3 pool lessons to fit your schedule. Regardless of your experience, you must attend at least one pool lesson to join the guided river lesson. Beginners, or those wanting extra practice are encouraged to attend the pool lesson twice, for a reduced rate. This optional second pool lesson helps you to absorb more, refine your technique, and build your confidence before heading outdoors.

Each 4/hr lesson is regularly \$75. Enroll through the Department of Senior Affairs for only \$60/lesson. One pool lesson and river lesson: \$120 (save \$30) Two pool lessons and river lesson: \$170 (save \$55). Price includes kayaks and gear, pool rental, and travel to/from Rio Grande Bosque. Price does not include travel to/from the pool.

SPRING SESSIONS:

Feb. 16, Los Altos, 4–8 pm
Mar. 9, Rio Grande, 8 am–12 pm
Apr. 9, Rio Grande, 6–10 pm

River Trip, Apr. 16,
location TBD, 10 am–2 pm

FALL SESSIONS:

Sep. 3, Rio Grande, 6–10 pm
Sep. 15, Los Altos, 4–8 pm
Oct. 1, Rio Grande, 6–10 pm

Balloon Fiesta River Trip,
Oct. 8, location TBD, 6–11 am
This year, during fiesta, enjoy the balloons soar overhead and "splash 'n dash" around you.





PADDLEBOARDING

Paddleboard

Are you ready to try another super fun water sport? It's time to go Stand Up Paddling. Stand up paddle boards are very stable so it is easy & fun to learn. SouthWest WindSports is offering classes in Albuquerque on the Rio Grande and at Cochiti Lake. What you will learn: Safety and basic SUPing skills and how to control and maneuver them on the water. Then put into the water and practice. Call 880-2800 to sign-up

Rio Grande River
(in Abq/Rio Rancho)
or Cochiti Lake
Friday, 8:00 am–12:00 pm
4 Classes in 2013: May 17,
June 14, July 19, August 23
\$40/class, Michael Pogzeba,
SUP & Windsurfing Instructor
Transportation, Equipment
(SUP board, paddle and life
jacket) provided.



**"It's
About
Time!"**

**"Don't count every
hour in the day—
make every hour in
the day count."**

WALKING

Walk About Albuquerque

Walkers will learn the science of walking, safety tips, different types of walking techniques and how to use a pedometer and walking poles. The program will explore the City of Albuquerque on your feet. The \$15 cost includes a pedometer, walking charts, instruction on correct walking techniques, handouts, the use of walking poles, an experienced fun guide and transportation!

Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE
Tuesday and Thursday, Trip departure times vary from 7:15–8:45 am
depending on the destination. Call 880-2800.

Walk About 1

WEEK 1: A Blossoming Adventure
Walk the Botanical Park while learning how to walk for the health of it.

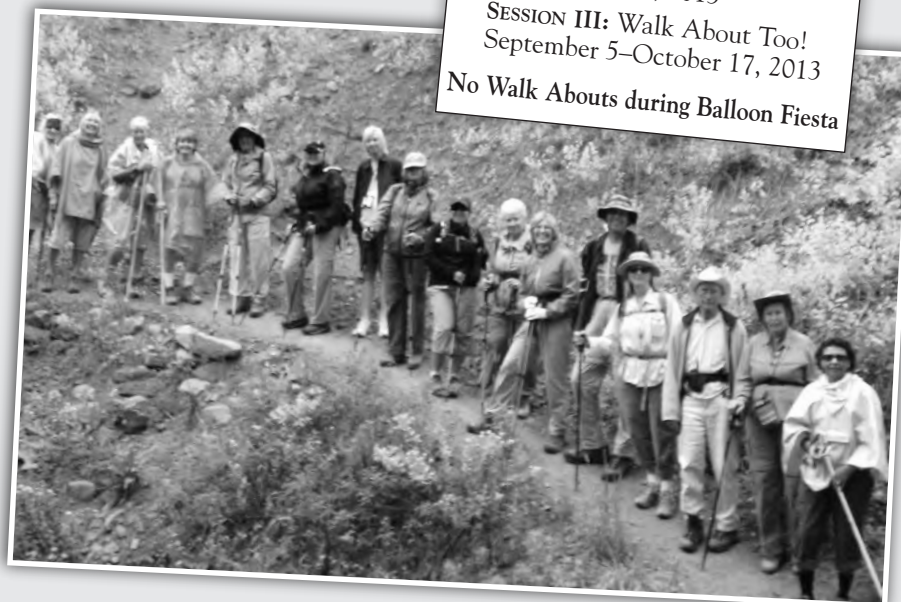
WEEK 2: Train to Bernalillo An historical tour of old Bernalillo—ride on the Rail Runner.

WEEK 3: Nob Hill Learn about the architecture of this historical area of Albuquerque.

WEEK 4: The Albuquerque Bosque Discover the natural side of Albuquerque.

WEEK 5: Take a Walk on the Wild Side! Walk among the animals and be Wild!

WEEK 6: Plaza to Plaza Civic Plaza to Old Town Plaza. 250 years of Albuquerque history.



Tuesday Walks
SESSION I: Walk About
March 26–April 30, 2013
SESSION II: Walk About
May 7–June 11, 2013
SESSION III: Walk About
September 3–October 15, 2013
Thursdays Walks
SESSION I: Walk About Too!
March 28–May 2, 2013
SESSION II: Walk About Too!
May 9–June 13, 2013
SESSION III: Walk About Too!
September 5–October 17, 2013
No Walk Abouts during Balloon Fiesta

Walk About Too!

WEEK 1: UNM Campus In 1892, Hodgin Hall was built on open grasslands; Come explore the beautiful campus and gardens we know today!

WEEK 2: Coronado Monument and Tamaya walking paths Walk through history at Coronado to the very contemporary Tamaya, along the familiar banks of the Rio Grande

WEEK 3: Downtown Public Art Walk/Reynold Neighborhood See where that "1% for the Arts" went. We'll find the Beautiful and diverse Artwork in the cool shadows of downtown

WEEK 4: Hubbel House/South Valley Neighborhoods Explore the South Valley through its Open Spaces and the Historic Hubbel House

WEEK 5: Huning Highland Neighborhood The railroad brought work, goods and people who built "New Town" Learn of the architecture, industry and interesting history of this Albuquerque neighborhood.

WEEK 6: Ridgecrest Neighborhood/Veteran's Memorial Under the shade trees of this early Albuquerque neighborhood, to lunch and a tour of the Veteran's Memorial

ROCK CLIMBING

Indoor Rock Climbing

The gym is a great place to begin your venture into rock climbing. Let Stone Age Climbing Gym's professional instructors help you get comfortable with basic climbing techniques and skills in a fun and relaxed atmosphere. Learn the latest in safe climbing practices.

Stone Age Climbing Gym

Saturday, January 5, 12, 19 4:00–6:00 pm

Friday, April 5, 12, 19 12:00–2:00 pm

Sunday, September 8, 15, 22 1:00–3:00 pm

\$100 plus tax for 3 two-hour classes with a one month membership to the gym and free rentals so that you can practice on your own between sessions.

Call 880-2800 to sign up.



Winter Sports Competitions

A Winter Sports Event that includes fun and competitions in Snowshoeing, Ice Hockey, Cross-County and Downhill Skiing!

It's about time to improve your winter skills, and this week, you can play even harder and have fun doing it! Get some exercise, enjoy the beautiful New Mexico outdoors and show your personal best winning medals and prizes! Fun! That's the name of the game this week!

Cross Country Magical Mystery Tour

Tuesday, February 5, 2013

The forest is full of treasures to find! In addition to spending the day in the beautiful backcountry of New Mexico this tour will send you searching for special treasures! Prizes, medals and lunch are included!

Check-in at Palo Duro 50+ Sports & Fitness Center
CHECK IN: 7:30 am • DEPART: 8:00 am • RETURN: 4:30 pm
\$12.00



Snowshoe Expedition and Golf

Wednesday, February 6, 2013

After an active day of snowshoeing, we'll stop just long enough to try your hand at competitive Snowshoe Frisbee Golf! Prizes, medals and lunch are included!

Check-in at Palo Duro 50+ Sports & Fitness Center
CHECK IN: 7:30 am • DEPART: 8:00 am • RETURN: 4:30 pm
\$12.00



Alpine Skiing, Snowboarding and Poker Run

Santa Fe Ski Area
Thursday, February 7, 2013

Events: Modified Giant Slalom two runs—
throw out high time.

Age Categories: 50+ progressing in 5-year age increments. We reserve the right to combine age divisions depending on the number of entries.

Poker Run: In this FREE event each contestant collects 2 poker cards at specific sites on the mountain and then play poker at the end of the day!

Entry Fee:

\$18 includes, both events, lunch at Totemoff's Grill and Awards Ceremony! Participants must purchase own lift tickets. Seniors 72+ ski for FREE!

Race Schedule

8:00–9:30 am	Registration & check-in Santa Fe Ski Area base lodge, La Casa Café
9:00–10:00 am	Practice
10:00 am–12:00 pm	Downhill competition starts
12:00–2:00 pm	Poker Run
2:30 pm	Lunch & Awards Ceremony at Totemoff's Grill at the Midway Lodge
4:00 pm	The van leaves to return to Palo Duro 50+ Sports & Fitness Center.



**"It's
About
Time!"**

"There is convincing evidence that physical activity is associated with a reduced risk of cancers of the colon, breast, prostate, lung and uterus."



Ice Hockey

Outpost Ice Arena Thursday, February 7, 2013

Pre-Registrations: Palo Duro
50+ Sports & Fitness Center

Entry Fee: \$15 per person. Checks are to be made out to 30/30 Ice Hockey and mailed to Richard Olsen, 13709 Crested Butte Drive, NE, Albuquerque, NM 87112

Registration Deadline • Monday, February 4, 2013

Age Categories: 50+ (by December 31, 2013). We reserve the right to combine divisions depending on the number of entries.

Conduct and Eligibility: the games will be played in accordance with the rules of the 30-30 Hockey League with no checking or slap shots.

Events: the games begin promptly at 7:00 pm. Officials will be provided. Teams will be set up after entry forms are completed. A minimum of two teams will make an event. Awards follow the event.

For more information: call Bob Waltson 771-2671, Richard Olson 299-1628 (home) or 350-6099 (cell) or the 50+ Sports & Fitness Program at 880-2800

Game Schedule	
6:00–6:30 pm	Check-in & Orientation, Outpost Ice Arena
7:00–9:00 pm	Competition

50+ Fantastic Freeze Fest Registration

SS# (last 4 digits): _____

Checks payable to the City of Albuquerque (except for ice hockey). See your event for registration deadline and details. Mail your registration to: Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110. (505) 880-2800.

Name: _____
Last First Middle

Address: _____
Street City State Zip

Phone (work): _____ Phone (home) _____

Cell phone: _____ E-mail: _____

Emergency Contact: _____
Name Relationship Phone

Age: _____
☐ Male ☐ Female
Date of Birth: _____
Month _____ Day _____ Year _____

LIABILITY WAIVER

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, Sandia Peak Ski company, Santa Fe Ski Company, High Finance Restaurant, Outpost Ice Arena (hence and hereafter sometimes referred to as sponsors), their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque Fantastic Freeze Fest. I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation in the Albuquerque Fantastic Freeze Fest. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque Fantastic Freeze Fest. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing medical disorder which I may have, thereby resulting in serious or life-threatening physical harm to me.

The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque Fantastic Freeze Fest.



☐ **By checking the box I agree to the following:**

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature: _____ Date: _____

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque Fantastic Freeze Fest, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Santa Fe Ski Company, Outpost Ice Arena.

Information: Call or drop by the
50+ Sports & Fitness Center,
3351 Monroe NE, Albuquerque, NM 87110.
(505) 880-2800
E-mail: bsteinmetz@cabq.gov

Registration Fees

Must have a current City of Albuquerque
Senior Center Membership \$13/year \$ _____

If you already have a membership:

Membership Number _____

Prices are per person. Check the events in which you wish to participate; then add up the right column.

CROSS-COUNTRY MYSTERY TOUR

☐ Tuesday, Feb 5 \$12.00 \$ _____
TRIP TOTAL \$ _____

SNOWSHOE EXPEDITION AND GOLF

☐ Wednesday, Feb 6 \$12.00 \$ _____
TRIP TOTAL \$ _____

ALPINE SKIING, SNOWBOARDING, AND POKER RUN

☐ Thursday, Feb 7 \$9.00/\$18.00 \$ _____
TRIP TOTAL \$ _____

ICE HOCKEY

☐ Thursday, Feb 7 \$15.00 \$ _____
TRIP TOTAL \$ _____

TOTAL REGISTRATION FEES \$ _____

The 2013 “Compete & Meet” Games

Sponsored by the City of Albuquerque, Department of Senior Affairs, 50+ Sports and Fitness Program

The 2013 Compete & Meet Games offers 4 competitions and 3 workshops open to all athletes, nationwide, 50 years and older. Compete against your peers in Bocce, Pickleball and Weight Lifting. Learn or perfect your Swimming or Track & Field technique at our workshops. Each competition concludes with an awards presentation and medals to the 1st, 2nd and 3rd place winners.



Cycling Workshop

Learn about cycling. Topics covered are training, preparing your bike, eating and drinking, warming up, time trial and road races.

McKinley Community Center
Thursday, February 28 • 1:00 pm
Free



Pickleball Tournaments

Join us for great competition. There is something for everyone, outdoor play in the fall and indoor play in the winter. Pickleball is the fastest growing sport in Albuquerque! Try it and find out why!

Indoor Pickleball Doubles Tournament
Manzano Mesa Multigenerational Center, gym
Friday, Saturday, Sunday,
January 4, 5, and 6, 2013 • 9:00 am
\$10 per event with current center membership.
Register by: December 27, 2012



Swim Workshops

These workshops will be taught by local swim coach Tim Wilde who will teach you all the necessary techniques to enable you to be able to relax and enjoy the sport of swimming. The third workshop will focus on specific techniques for racing events, particularly the ABQ 50+ games events.

Los Altos Pool

Sunday, February 3, 2013 • 9:00–11:00 am
\$3 donation • Register by: Tuesday, January 29, 2013

Highland Pool

Sunday, February 17, 2013 • 10:00 am–12:00 noon
\$3 donation • Register by: Tuesday, February 12, 2013

West Mesa Aquatic Center

Saturday, March 2, 2013 • 10:00 am–12:00 noon
\$3 donation • Register by: Tuesday, February 26, 2013



Track & Field Workshop

Practice your running and throwing events and learn new track & field skills! Experts will be coaching participants on running, javelin, discus, shot put, pole vault and high jump.

Location, date and times to be announced
FREE • Register the morning of event



Call 880-2800
Palo Duro 50+ Sports & Fitness
Center for more information.



Bench Press Competition

Competition is organized in age groups of both men and women. Individual medals will be given to the top 3 winners in each category. There will be a traveling trophy awarded to the gym with the strongest team of athletes entered. Awards will be determined on a ratio of body weight to weight lifted. Teams will consist of a minimum of 5 individuals, up to 10 individuals, any combination of men and/or women. Gyms may enter as many teams as they wish.

Bench Press Competition

Saturday, February 9, 2013 • 10:00 am
North Domingo Baca Multigenerational Center
Register by: Friday, February 1, 2013 • \$10
National power lifting rules apply and categories will be based on the number of entries.

Schedule and Registration Form

2013 “Compete & Meet” events at-a-glance



OPEN TO ALL • 50+ to 100+!

Don’t miss these special competitions and workshops open to athletes outside Albuquerque and New Mexico!

Due to budget restraints, we will not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive 15 minutes before the default time.

Event	Date	Venue	Time	Register by	Cost	Coordinator
Cycling Workshop	Thur, Feb 28	McKinley Community Center	1:00 pm	Wed, Feb 20	Free	Peter Stirbis 299-8442
Swimming Workshop	Sun, Feb 3	Los Altos Pool	9–11 am	Tues, Jan 29	\$3 donation	Tim Wilde 269-0645
Swimming Workshop	Sun, Feb 17	Highland Pool	10 am–12 noon	Tues, Feb 12	\$3 donation	Tim Wilde 269-0645
Swimming Workshop	Sat, Mar 2	West Mesa Pool	10 am–12 noon	Tues, Feb 26	\$3 donation	Tim Wilde 269-0645
Track & Field Workshop	To Be Announced	To Be Announced	TBA	Mon, Apr 8	Free	Brett Steinmetz 880-2800
Bench Press Competition	Sat, Feb 9	North Domingo Baca Center	10:00 am	Fri, Feb 1	\$10.00	Dominic Savaadra 839-3710
Indoor Pickleball Doubles Tourney	Fri, Sat, Sun Jan 4, 5, 6	Manzano Mesa Multigen. Ctr.	9:00 am	Thur, Apr 4	\$10.00 per event	Penny Forgette 379-7074

Please print

Make checks payable to the City of Albuquerque. See your sport above for registration deadline details. Mail your registration to Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

Compete and Meet Games Registration Form

Name: _____

LastFirstMiddle

Address: _____

StreetCity

StateZip

Home Phone: _____ Work Phone: _____ Social Security # _____

Last 4 digits only

Cell Phone: _____ E-mail: _____

☐ I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact: _____

NameRelationshipPhone

Age: _____

as of December 31, 2013

☐ Male ☐ Female

Date of Birth: _____

MonthDayYear

LIABILITY WAIVER: I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, Albuquerque Academy, West Mesa Aquatics Center, Los Altos Pool, their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque Compete and Meet Games. I warrant and represent to the sponsors that I have prepared myself for the events, which I have entered by practicing the same prior to my participation in the Albuquerque Compete and Meet Games. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions, which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque Compete and Meet Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing medical disorder, which I may have, thereby resulting in serious or life-threatening physical harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque Compete & Meet Games.

SignatureDate

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque Compete and Meet Games, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque Academy, Los Altos Pool, and West Mesa Aquatics Center.

REGISTRATION FEES

City of Albuquerque Center Membership. \$13
or Current Membership information: _____

CenterExpires

ADDITIONAL FEES

☐ **Cycling Workshop**, Thur, Feb 28, 2013 Free\$_____
☐ **Swimming Workshop**, Sun, Feb 3, 2013 \$3\$_____
☐ **Swimming Workshop**, Sun, Feb 17, 2013 \$3\$_____
☐ **Swimming Workshop**, Sat, March 2, 2013 \$3\$_____
☐ **Track Workshop**, Date to be announced Free\$_____
☐ **Bench Press Competition**, Sat., Feb. 9, 2013 \$10\$_____
☐ **Indoor Pickleball Doubles Tournament Friday–Sunday**, January 4, 5, and 6, 2013 \$10 per event \$_____

☐ Doubles Partner: _____

Must register separately

☐ Mixed Doubles Partner: _____

Must register separately

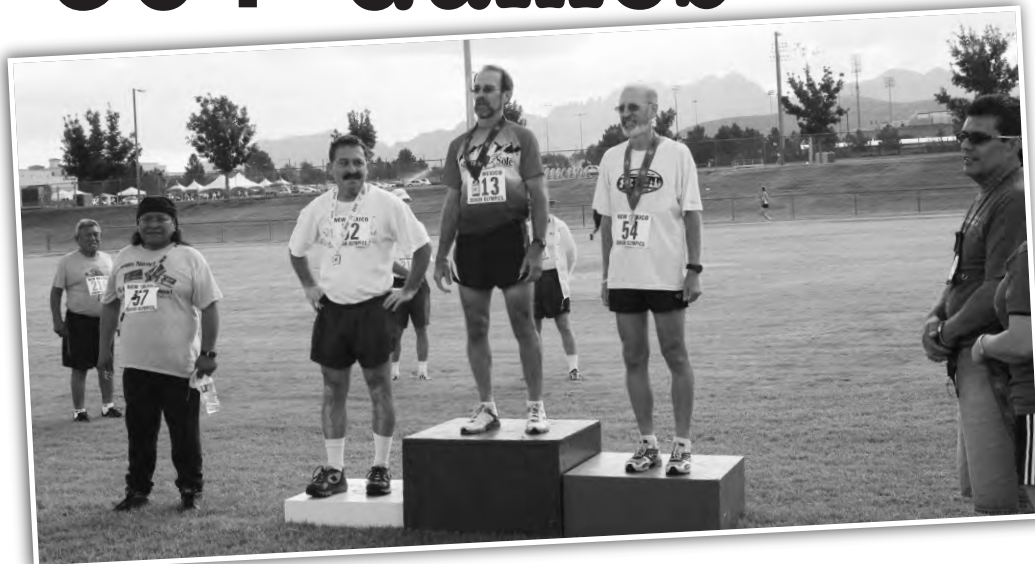
TOTAL AMOUNT ENCLOSED\$_____

☐ **By checking the box I agree to the following:**

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials. The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Albuquerque 50+ Games

ABQ 50+ GAMES



DEADLINE FOR ENTRIES MARCH 8, 2013, 7:00 PM

The Albuquerque 50+ Games offer athletic competitions for people 50+. The qualifying winners of the local games are invited to participate in the New Mexico Senior Olympics where they may qualify to compete at the National Senior Games.

GET IN SHAPE FOR THE COMPETITIONS!

The 50+ Sports & Fitness Program offers ongoing exercise classes and “state-of-the-art” weight rooms available for use to build muscle strength and endurance.

REGISTRATION

One registration form covers all events for the 2013 Albuquerque 50+ Games on page 17. Registration forms must be completed and submitted to a registration center or to the Albuquerque 50+ Games (Palo Duro 50+ Sports & Fitness Center) office. Incomplete registrations cannot be entered into the computer and will not be accepted! Late, on-site registration will be permitted only for track & field events. There will be a \$10 late registration fee taken at the track meet. Registration is not valid unless the liability waiver is signed.

DEADLINE

All registrations for events are due by 7:00 pm on Friday, March 8, 2013

February: Swimming workshops, Cycling workshop

March: Swimming workshop, Air Gun workshop, Eight Ball Pool, Bowling, Table Tennis workshop, Basketball (3 Point & Free Throw), Swimming competition, Talent Show & Dance meeting, Racquetball, Shuffleboard, Huachas

April: Table Tennis, Air Gun, Pickleball, Race Walk 5k, Tennis, 5k and 10k Race, Badminton, Dress Rehearsal, and Talent Show

May: Track & Field meet, Recreation events, Archery, Horseshoes, Golf, Cycling, Racewalking Track & Field

Late or incomplete registrations (except for the track & field competition) will not be accepted. The track & field competition will hold open, late registrations on site on Friday and Saturday May 3 and 4, 2013 from 8:00–9:00 am. The additional fee for on-site or late registration at the track meet will be \$10. Participants may also make changes to their track and field event schedules at this time for a \$10 additional fee.

LOCATION

The Albuquerque 50+ Games are held at a number of Albuquerque locations during the months of March, April and May, 2013. All events are listed in the competition schedule on page 16.

ELIGIBILITY

The Albuquerque 50+ Games is an event open to all people who are residents of the Albuquerque/Bernalillo County area who are at least fifty years of age by December 31, 2013. In addition, each Albuquerque 50+ Games participant must correctly complete a registration form, turn it in by the deadline and pay all fees. New Mexico residents from other counties may enter the Albuquerque 50+ Games, if their chosen events are not available in their counties; however, no such persons may prevent residents from the Albuquerque/Bernalillo county area from qualifying for the New Mexico Senior Olympics.

ATTENDANCE

Due to budget restraints, we do not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive before the default time.

EVENT

An “event” is defined as a single contest in a particular sport. For example: The 50-meter run and the 100-meter run are two events. Participants may enter a total of 20 events at the Albuquerque 50+ Games. Eight of the 20 events may be track & field and eight may be swimming. At New Mexico Senior Olympics, you may enter no more than 10 events. The events must be ones in which you qualified at the Albuquerque 50+ Games (excluding fun events, volleyball, softball and basketball team sports).



Schedule page 16, Registration form page 17 



AGE DIVISIONS

In singles events, participants may not play up or down in age, but play in their own age group. Age categories:

- 50-54 70-74 90-95
- 55-59 75-79 95-99
- 60-64 80-84 100+
- 65-69 85-89

The only exception is the Talent Show and Dance Competition. The age categories are 50–69, 70+

Age division for doubles and mixed doubles competition will be determined by the age of the younger partner as of December 31, 2013.

Age division for team competition is determined by the youngest member of the team as of December 31, 2013. Team competition age divisions are:

- 50+ 55+ 60+ 65+
- 70+ 75+ 80+

FEES

- Registration Fee\$30 (T-shirt, membership and awards)
- Golf Fees: (Men & Women) All ages: 50+, Mandatory Cart included
 - Without Season Pass\$33.80
 - With Season Pass\$13.80
- Bowling, per event\$ 5.50
- Track & Field, late fee\$10.00

ENTRY FEE ASSISTANCE

Entry fee assistance is available from the Albuquerque 50+ Games. Call the Palo Duro 50+ Sports & Fitness Center at 880-2800.

REFUNDS

NO REFUNDS AFTER JUNE 30, 2013.

All fees must be paid at registration. Please make checks payable to the CITY OF ALBUQUERQUE.

PARTNERS/TEAMS

Your doubles partner and/or each team member must also register separately.

PACKET PICK-UP

Packets for all sports will include; T-shirt, event information, New Mexico State Olympics information, and bib numbers. Packets will be available at Palo Duro 50+ Sports & Fitness Center starting March 1, 2013.

AWARDS

First, second and third place winners are awarded medals at the conclusion of their events. The top 6 finishers in each age category, male and female, will qualify to participate in the New Mexico Senior Olympics.



RULES

The 2013 New Mexico State Senior Olympics Rule Book will be available for view at the Palo Duro 50+ Sports & Fitness Center. Events are governed by the National Senior Games Association and the New Mexico State Senior Olympic Board of Directors. Please note there are always important rule changes for the local, state and National Senior Games.

RESULTS

Results for the Albuquerque 50+, State Olympics and National Senior Games, and the revised minimum performance standards for the National Senior Olympics, are located at the Palo Duro 50+ Sports & Fitness Center.

VOLUNTEERS

Volunteers play a vital role in the Albuquerque 50+ Games. Assistance is needed to coordinate the sports, to do computer data entry, record keeping, fund-raising, public relations, and more. Please call the Albuquerque 50+ Games Center at 880-2800 if you would like to volunteer.

MEDICAL

It is strongly recommended that all participants receive a medical check-up prior to competition, it is also required that the liability waiver on the registration form be completed and signed.





2013 Albuquerque 50+ Games Competition & Workshop Schedule

Deadline for entry is
March 8, 2013.
No Exceptions.

Sports	Events	Date	Time	Location	Coordinator-Phone
Air Gun (Rifle & Pistol)	Workshop	Sat, Mar 2, 2013	8:00 AM	Eldorado High School	Dick Perry • 263-0763
	Competition	Sat, Apr 6, 2013	8:00 AM		Maj Jim Koerber • 296-4871 x1408
Archery	Competition: Compound Release Aid, Compound Finger Shooter, Conventional Recurve	Sat, May 4, 2013	9:00 AM	Archery Range, Tijeras NM	Charlie Barns • 344-8644
Badminton	Competition: Singles, Doubles & Mixed Doubles	Fri, Sat, Apr 26–Apr 27, 2013	10:00 AM	Manzano Mesa Multigenerational Center	Terry & Nan Lauritsen • 266-8237
Basketball (State only)	Competition: Free Throw, Best of 15 Free Throws	Sat, Mar 16, 2013	9:00 AM	Manzano Mesa Multigenerational Center	Bob Pyeatt • 823-6467
	Competition: 3 point Shot, Best of 6 Shots				
	Competition: 3x3, Half Court, Men & Women	TBA			NM State Senior Olympics
Bowling	Practice/Competition: Singles	Tue, Mar 12, 2013	8:30 AM / 9:00 AM	Leisure Bowl	Leisure Bowl • 268-4371
	Practice/Competition: Doubles	Wed, Mar 13, 2013	8:30 AM / 9:00 AM		Charlotte Lober • 299-2042
	Practice/Competition: Mixed Doubles	Wed, Mar 13, 2013	12:30 PM / 1:00 PM		
	Practice/Competition: Team Bowling	Fri, Mar 15, 2013	8:30 AM / 9:00 AM		
Cycling	Workshop:	Thur, Feb 28, 2013	1:00–2:00 PM	McKinley Community Center	Peter Stirbis • 299-8442
	Competition: 5K, 10K, & 20K	Sat, May 11, 2013	Check-In 7:30 AM	TBA	Bob Pyeatt • 823-6467
	Competition: 1 Mile & 40K	Sun, May 12, 2013	Check-In 7:30 AM		Susan Rice • 228-3144
Dance (Albuquerque 50+ Idol)	Meeting:	Tue, Mar 19, 2013	2:00 PM	Los Volcanes Senior Center	Brett Steinmetz • 880-2800
	Dress Rehearsal:	Mon, Apr 29, 2013	8:00 AM	South Broadway Cultural Center	
	Competition: Waltz, Jitterbug, Line, Country Western, Latin (Cha Cha & Tango), Polka	Tue, Apr 30, 2013	1:00 PM		
Field Events (Also see Track)	Competition: Discus, High Jump, Javelin, Shot Put, Pole Vault, Standing Long Jump, Running Long Jump	Fri, May 3, 2013	5:30 PM	Albuquerque Academy	David Salazar • 275-8731
Golf	Competition: Men's 18 Hole Scratch	Thur, May 9, 2013	Tee Times	Arroyo del Oso Golf Course	Bob Pyeatt • 823-6467
	Competition: Women's 18 Hole Scratch				
Horseshoes	Competition: Singles	Sat, May 4, 2013	10:00 AM	Los Altos Park	Jimmy Ortiz • 620-0775
Huachas	Practice/Competition: Singles & Doubles	Thur, Mar 28, 2013	9:00 AM	TBA	Brett Steinmetz • 880-2800
Eightball Pool	Meeting: Players	Sat, Mar 9, 2013	10:00 AM	Doc & Eddy's	Rachael Rumschlag • 350-3251
	Competition: 8 Ball	Sat, Mar 9, 2013	10:30 AM		
Pickleball	Competition: Singles, Doubles	Fri, Sat, Sun, Apr 12, 13, 14, 2013	9:00 AM	Manzano Mesa Multigenerational Center	Penny Forgette • 379-7074
Racewalk	Competition: 5K Racewalk	Sat, Apr 20, 2013	8:00 AM	Alameda-N.Diversion Channel	Lenny Krosinsky • 250-2283
Racewalking	Competition: 1500 Meter Race Walk	Sat, May 4, 2013	9:00 AM	Albuquerque Academy	Marjorie Holmes • 255-3025
	Competition: 400 Meter Power Walk				
Racquetball	Clinics: see page 26			Midtown Sports & Wellness Club	Paula Sperling • 255-1771
	Competition: Singles, Doubles & Mixed Doubles	Thur, Mar 21, 2013	8:00 AM		
Recreation Events (Also see Field & Track)	Competition: Frisbee Accuracy Throw, Frisbee	Sat, May 4, 2013	9:00 AM	Albuquerque Academy	Walt Klinge • 299-4535
	Distance Throw, Soccer Kick, Softball Throw				
Roadrace	Competition: 10K and 5K Run	Sat, Apr 27, 2013	7:00 AM	ABQ International Balloon Fiesta Park	Maggie Ezzard • 507-6216
Shuffleboard	Competition: Singles	Fri, Mar 22, 2013	9:00 AM	Manzano Mesa Multigenerational Center	Gladys Peltomaki • 836-8745
	Competition: Doubles	Sat, Mar 23, 2013	9:00 AM		
Softball (State only)			TBA		NM State Senior Olympics
Swimming	Warm-Up:	Sat, Mar 16, 2013	8:00 AM	West Mesa Aquatics Center	Tim Wilde • 269-0645
	Competition: Breaststroke: 50, 100, 200;		9:00 AM		
	Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100; Indiv.				
	Medley: 100 & 200 (4 Stroke, 1 Swimmer); Relay Medley: 100 (open strokes, 4 swimmers)				
Table Tennis	Workshop:	Sat, March 2, 2013	9:00 AM	TBA	Marv Sommers • 239-1443
	Competition: Singles, Doubles, & Mixed Doubles	Sat–Sun, April 6–7, 2013	8:00 AM	North Valley Center	
Talent Show (Albuquerque 50+ Idol)	Mandatory Meeting:	Tue, Mar 19, 2013	2:00 PM	Los Volcanes Senior Center	Brett Steinmetz • 880-2800
	Dress Rehearsal:	Mon, Apr 29, 2013	8:00 AM	South Broadway Cultural Center	
	Competition: Dance, Vocal Solo, Reading, Vocal Group, Band Contest, Instrumental, Comedy	Tue, Apr 30, 2013	1:00 PM	South Broadway Cultural Center	
Tennis	Competition: Singles, Doubles, & Mixed Doubles	Sat–Sun, Apr 27–28, 2013	8:00 AM	Jerry Cline Tennis Complex	Brett Steinmetz • 880-2800
Track (Also see Field)	Competition: 100, 200, 400, 800, 1500 run; 400 coed M relay (2 men, 2 women); 400 & 800 M est. time	Sat, May 4, 2013	9:00 AM	Albuquerque Academy	Brett Steinmetz • 880-2800
	Workshop:	TBA	TBA	TBA	Brett Steinmetz • 880-2800
Triathlon (State only)	Competition: Swim 400M, Cycling 20K, Road Race 5K	TBA		TBA	NM State Senior Olympics
Volleyball (State only)		TBA		NM Senior Olympics	Dora Gunkle 299-4867

2013 Albuquerque 50+ Games Entry Form

Make checks payable to the City of Albuquerque. Take registration to any City of ABQ Fitness Centers see page 3 for locations. Or mail registration to:
Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110.

Deadline for entry is March 8, 2013 — NO EXCEPTIONS

Name: _____
Last First Middle

Address: _____
Street City

_____ State Zip County

Home Phone: _____ Work Phone: _____

Cell Phone: _____ E-mail: _____

Emergency Contact: _____
Name Relationship

Emergency Contact Phone: _____

Please print

Age: _____
as of December 31, 2013

☐ Male ☐ Female

Date of Birth: _____
Month _____ Day _____ Year _____

Are you a member of a center?
☐ YES ☐ NO

If yes, which center?
_____ expires _____

AIRGUN
☐ Pistol-Benchrest
☐ Pistol-Standing
☐ Rifle-Benchrest
☐ Rifle-Standing
Do you own your own gun? ☐Y ☐N

ARCHERY
☐ Recurve with sights
☐ Barebow recurve no sights
☐ Compound fingers w/ sights
☐ Barebow compound no sights
☐ Compound Release

BADMINTON
☐ Singles ☐ Doubles
Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

BASKETBALL FREE THROW
☐ Best of 15 Throws

BASKETBALL 3 POINT SHOT
☐ Best of 5 Throws

BASKETBALL 3x3 (State Olympic event only)

PICKLEBALL
☐ Singles ☐ Doubles
Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

POOL
☐ Eightball

RACEWALKING
☐ 400M ☐ 1500M ☐ 5K

RACQUETBALL
☐ Singles ☐ Doubles
Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

ROAD RACE
☐ 5K - Run ☐ 10K - Run


SHUFFLEBOARD
☐ Singles ☐ Doubles
Partner: _____
Must register separately

SOFTBALL (A State Olympic event only.)

LIABILITY WAIVER

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, their agents, employees, representatives and assigns, from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of injury arising out of my participation in the Albuquerque 50+ Games. I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition and I am physically able to participate in the events I have selected. I know of no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque 50+ Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing medical disorder which I may have, thereby resulting in serious or life-threatening harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque 50+ Games.

☐ **By checking the box I agree to the following:**



The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

REGISTRATION FEES

Deadline for entry is March 8, 2013, 7:00 pm

Registration Fee \$17.00 \$17.00

Includes t-shirt and awards

DSA membership (required) . . . \$13.00 \$ _____

ADDITIONAL FEES

BOWLING FEE is \$5.75 per event
Singles, Doubles, Team or Mixed Doubles
Number of Events x \$5.75 = \$ _____

GOLF FEE:
Men's and Women's Golf Fees
All ages 50+: Mandatory Cart is included.
Without Season Pass \$35.80 \$ _____
With Season Pass \$17.80 \$ _____

TRACK LATE FEES \$10.00 \$ _____

T-Shirt: Size _____

TOTAL AMOUNT ENCLOSED \$ _____

For information:
Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE, Albuquerque, NM 87110
505-880-2800, email: bsteinmetz@cabq.gov

BOWLING (Bowling fees)
☐ Singles ☐ Doubles
Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

☐ Team Bowling

Bowling Team Name (4 members same sex) Each individual must complete a registration form and team captains must furnish a team roster.

CYCLING (Local cycling events are time trials.)
☐ 1 Mile ☐ 5K ☐ 10K
☐ 20K (Will be a road race at State and Nationals)
☐ 40K (Will be a road race at State and Nationals)

DANCE COMPETITION
Partner: _____
Must register separately

☐ Country Western
☐ Jitterbug
☐ Line Dancing (6-15 people)
☐ Polka
☐ Latin Dance
☐ Waltz
☐ Country Waltz

FIELD EVENTS
☐ Discus
☐ High Jump
☐ Javelin
☐ Pole Vault
☐ Running Long Jump
☐ Shot Put
☐ Standing Long Jump

FUN EVENTS
☐ Frisbee Accuracy Throw
☐ Frisbee Distance Throw
☐ Soccer Kick
☐ Softball Throw

GOLF
☐ 18 Hole Scratch
Scratch is played at N.M. State Senior Olympics and the National Senior Olympics. A NPS is required for Nationals.

USGA Handicap _____ Cart Partner _____

HORSESHOES
☐ Singles

HUACHAS
☐ Singles

TABLE TENNIS
☐ Singles ☐ Doubles
Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

TALENT SHOW (participants register separately.)
☐ Band
☐ Comedy
☐ Dance Solo
☐ Dance Group
☐ Instrumental
☐ Reading
☐ Vocal Solo
☐ Vocal Group
☐ Kitchen Band
Group Name: _____

TENNIS
☐ Singles ☐ Doubles
Partner: _____
Must register separately

☐ Mixed Doubles
Partner: _____
Must register separately

TRACK
☐ 50 Meter Run (local only)
☐ 100 Meter Run ☐ 200 Meter Run
☐ 400 Meter Run ☐ 800 Meter Run
☐ 1500 Meter Run
☐ 400 Meter Coed Relay
☐ 800 Meter Estimated Time
☐ 400 Meter Estimated Time

TRIATHLON(coed) state & nationals only

VOLLEYBALL (State Olympic event only)

Team captains must fill out team roster on page 18



2013 Albuquerque 50+ Games Team Roster

☐ Bowling

☐ Dance

☐ Talent Show

☐ 400 M Track Relay

Team Age

☐ 50+, ☐ 55+, ☐ 60+, ☐ 65+, ☐ 70+, ☐ 75+ (bowling ☐ 80+)

Team Name:

Team Captain:

Name

Address

Phone

Team Captains are responsible for filling out this form. Incomplete forms will disqualify the team. Each team member must also complete and sign an individual Albuquerque 50+ Games registration form on page 17.

If you have more than 7 team members attach a copy of this form. Additional forms are available online at www.cabq.gov. or at your local senior center.

Number of Team Members

Team Member 1:

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 2:

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 3:

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 4:

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 5:

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 6:

Name

Phone

T-Shirt Size

Age

Date of Birth

Team Member 7:

Name

Phone

T-Shirt Size

Age

Date of Birth

Attention Athletes

New Mexico Senior Olympics 2013 Summer Games



Roswell, New Mexico
June 12–16, 2013

2013 Summer Games are sure to be a great experience for all! Start practicing early for Local Game qualifying.

Early Bird Registration Deadline – \$45
March 1–April 12, 2013

Regular Registration Deadline – \$60
April 13–April 30, 2013

Late Registration Deadline – \$75
May 1 – May 15, 2013
No registrations will be accepted after this date.

Registration deadlines are subject to change.

Athletes have 3 ways to register for the Games

- **Register on line at** www.nmseniorolympics.org.
- **Mail your registration** directly to New Mexico Senior Olympics, Inc., PO Box 2690, Roswell, NM 88202-2690
- **Turn in your registration** and payment to the Palo Duro 50+ Sports & Fitness Center 3351 Monroe NE, Albuquerque, NM 87110, (505) 880-2800 by April 12, 2013. For this option, make your checks out to the City of Albuquerque.

PLEASE NOTE

All athletes must qualify 1st–6th in their respective age divisions at their respective sanctioned local games (where they reside) for individual sports to advance to Summer Games.

NEW MEXICO SENIOR OLYMPICS

**For more information
call: New Mexico Senior
Olympics 1-888-623-6676**

Or email:
nmso@nmseniorolympics.org



Team competitions which include basketball, softball, and volleyball are New Mexico State Senior Olympics competitions only.

Sports and Fitness a to z

**Call
880-2800**

Palo Duro 50+ Sports & Fitness Center or one of the event coordinators in the listings below, if you need more information on an activity/event.

The following pages contain a directory of classes, clinics, workshops, clubs, special events and practices available in the Albuquerque area through the Department of Senior Affairs, 50+ Sports & Fitness Program.

AIR GUN

ALBUQUERQUE 50+ GAMES Air Gun Competition

Saturday, April 6, 2013
8:00 am
Eldorado High School
11300 Montgomery Blvd. NE.

**ABQ
50+
GAMES**
PAGES 14–18

For more information on how you can learn to shoot an air gun, contact the 50+ Sports & Fitness Office 880-2800. This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Dick Perry, 856-7008

Air Gun Workshop

Get ready for the Games. This workshop focuses on basic marksmanship principles and techniques with emphasis on position and firing procedures.

Saturday, March 2, 2013
8:00 am–12:00 pm
Eldorado High School



Air Gun Practices

For beginners interested in learning the sport or those wanting to hone their skills for competition. **Begins in January (by reservation) Eldorado High School, Rifle Range**

Contact: Major Jim Korber, Senior Instructor, Eldorado High School JR ROTC at 296-4871 or Dick Perry at 856-7008.

Zia Rifle & Pistol Club

The Zia Rifle & Pistol Club promotes participation in shooting sports, with emphasis on safety.

Times and location TBA
Grant A. Reel, President

AQUATICS

Adapted Aquatics

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength. If you drive yourself, you still need to pre-register. Multigenerational centers will not be transporting clients.

SESSION 1:

Monday, Wednesday, Friday, 9:00–10:00 am
\$12/mo. (3 classes/wk.) donation, 50¢ transportation
(provided from all 6 Albuquerque senior centers)

SESSION 2:

Monday, Friday, 1:00–2:00 pm
\$8/mo. (2 classes/wk.) donation, 50¢ transportation
(provided from all 6 Albuquerque senior centers)

SESSION 3:

Tuesday, Thursday, 9:00–10:00 am
\$8/mo. (2 classes/wk.) donation, 50¢ transportation
(provided from Palo Duro 50+ Sports & Fitness Center and varied meal sites)



Aquatic Exercise

Participants are led through an hour of water aerobics. Travel time of 30 minutes to and from aquatics center suggests that swimsuits be worn underneath clothes.

West Mesa Aquatics Center

Monday, Wednesday, 8:30–10:30 am
\$2.50/class, contact Berlinda Padilla at 764-6467 for information. Van transportation provided from Raymond G. Sanchez Community Center and Alameda Senior Meal Site.

ARCHERY

ALBUQUERQUE 50+ GAMES

Archery Competition

Saturday, May 4, 2013
9:00 am Sandia Crest
Bowhunters Association
Archery Range, Tijeras, NM

Sponsored by Sandia Crest Bowhunters Association. This event will be a New Mexico Senior Olympics qualifying event.
Coordinators: Charlie Barns, 344-8644 and Tammy Bredy

**ABQ
50+
GAMES**
PAGES 14–18

BADMINTON

ALBUQUERQUE 50+ GAMES

Badminton Competition

Friday–Saturday
April 26–27, 2013,
10:00 am Manzano Mesa, Gym

This event will be a New Mexico Senior Olympics qualifying event. Coordinators: Terry and Nan Lauritsen, 266-8237

**ABQ
50+
GAMES**
PAGES 14–18

Badminton Practice and Play

Beneficial to both your physical and mental well-being, this sport offers cardiovascular benefits, as well as weight-bearing exercise—competitive badminton is a demanding sport.

Manzano Mesa, Gym

Monday, Friday, 1:30–4:00 pm
Tuesday, 6:00–9:00 pm

Wells Park Community Center, Gym

Tuesday, Thursday, 1:30–3:30 pm
Coordinators: Terry and Nan Lauritsen, 266-8237



**“It’s
About
Time!”**

**“A man’s health
can be judged by
which he takes 2
at a time—pills
or stairs.”**

—Joan Welsh

BASKETBALL

NEW MEXICO SENIOR OLYMPICS

Basketball
Competition
State competition onlyNEW MEXICO
SENIOR
OLYMPICS

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777, www.nmseniorolympics.org, or the Palo Duro 50+ Sports & Fitness Center, 880-2800.

Open Basketball

Open/Drop-In Basketball is offered every day of the week (Mon.–Sat.) at the times listed below. Teams are formed as participants show up and sign in.

Manzano Mesa, Gym (E/W courts)
Monday, 11:00 am–1:00 pm, East
Monday, 11:45 am–1:30 pm, West
Monday, 7:00–9:00 pm, Both courts
Tuesday, 11:00 am–1:00 pm
Wednesday, 11:00 am–12:30 pm, East
Wednesday, 11:45 am–12:30 pm, West
Thursday, 11:00 am–1:00 pm
Friday, 11:00 am–1:00 pm, 7:00–9:00 pm

**Raymond G. Sanchez
Community Center and
Alameda Senior Meal Site**
Tuesday, 9:30–11:00 am
Free, contact Berlinda Padilla at
764-6467 for more information

Senior Men's Basketball

Play some friendly, but competitive basketball, where teams are picked prior to the games. This is a good workout, with lots of action and exercise.

Manzano Mesa, Gym (East Court)
Tuesday, 11:00 am–1:00 pm
Thursday, 11:00 am–1:00 pm



**“It’s
About
Time!”**

**“You’re only 1
workout from a
good mood.”**

Albuquerque 50+ Women's
Basketball Program

Canyonets Basketball Program
Scott Herron 299-7768

A League of Their Own
Ina Stewart 898-9568
Lucy Padilla 897-2203
E-mail: Ginger Rich,
bballjunqie@yahoo.com

Albuquerque 50+ Men's
Basketball Program

Albuquerque 50+ Men's basketball program welcomes men over the age of 50.

Sandia Prep High School
Saturday, 7:00–10:00 am
Allen Wainwright, 350-1574

ALBUQUERQUE 50+ GAMES

Basketball
Free Throw
CompetitionABQ
50+
GAMES
PAGES 14–18

Saturday, March 16, 2013, 9:00 am
Manzano Mesa, 501 Elizabeth SE

Contestants shoot 15 free throws in succession. The contestant who makes the most baskets is declared the winner. The free throw line for the women is 14 ft. and for men 15 ft.

ALBUQUERQUE 50+ GAMES

Basketball 3 Point Shot
Competition

Held with the Free Throw
Competition

Saturday, March 16, 2013, 9:00 am
Manzano Mesa, 501 Elizabeth SE

Each contestant will shoot one shot from each of the five different pre-marked positions on the 3-point line beginning with the designated corner. The additional shot may be taken from any one of the 5 marked positions at the shooter's discretion. The contestant who makes the most baskets will be declared the winner.

This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Bob Pyeatt, 823-6467

**Compete & Meet Games
see page 12**

BOWLING

ALBUQUERQUE 50+ GAMES

Bowling
CompetitionABQ
50+
GAMES
PAGES 14–18

Tuesday, Wednesday,
Friday, March 12, 13,
15, 2013, 8:30 am • 12:30 pm
Leisure Bowl, 7400 Lomas NE

If you would like to bowl on a team or with a partner and you do not have one, please mark your request on your registration sheet.

This event is a New Mexico Senior Olympics qualifying event.
Coordinator: Charlotte Lober
299-2042 or (604) 604-1164



CROSS COUNTRY SKIING

See Winter Sports on page 6-7.



CYCLING

ALBUQUERQUE 50+ GAMES

Cycling
CompetitionABQ
50+
GAMES
PAGES 14–18

Saturday–Sunday,
May 11–12, 2013
Check-in at 7:30 am
Location TBA

This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Bob Pyeatt, 823-6467

Cycling Workshop

Learn about Cycling. Topics covered are: training, preparing your bike, eating and drinking, warming up, time trial and road races.

Thursday, February 28, 2013
1:00–2:00 pm
McKinley Community Center

To sign-up call 880-2800, for more info.
contact Peter Stirbis at 299-8442.



DANCE CLASSES

African Dance/Drum Class

This class incorporates various styles of African dance and drumming. The group is being recognized as a new form of entertainment, and is asked to perform at events. No experience necessary.

Manzano Mesa, Room 4
Tuesday, 2:15–3:30 pm
 Camilla Dodson

Dance Time with Lola

A great aerobic workout including Ballroom, Latin, Country and Line Dancing techniques. Singles and couples welcome. Call 873-6647 to reserve lunch and dance, by 12:00 pm a day prior.

Rio Bravo Senior Meal Site,
 3910 Isleta Blvd. SW
Monday, Wednesday, 9:30–11:00 am
 Lola Sedillo, contact Berlinda Padilla at 764-6467 for information

Wise Women Belly Dance

Get in touch with your inner beauty while getting a good work out. This gentle approach to this ancient art form can be enjoyed by women of all ages and abilities. Belly dance displays the strength and beauty of women of all sizes, ages, and shapes.

Manzano Mesa, Social Hall
Thursday, 5:45–7:00 pm
 Amaya

Clogging

“Clog” comes from a Gaelic word meaning time. Clogging originated in Appalachia and is done to all kinds of music from Western to WWII songs.

Manzano Mesa, Social Hall
Friday, 9:30–11:00 am
 Shirley Smith

Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Movements customized for all abilities, free to members with Parkinson's.

North Valley, South Social Hall
1st & 3rd Thursday, 2:00–3:00 pm
 Joanie Carlisle

ALBUQUERQUE 50+ GAMES

Dance Competition Part of the Talent Show and Dance Competition

Includes country western, jitterbug, line dancing, polka, latin (cha cha and Paso Doble), waltz, and country waltz. To reserve your FREE tickets call the 50+ Sports & Fitness Office 880-2800.

Monday, April 30, 2013, 1:00 pm
South Broadway Cultural Center
 1025 Broadway SE

**Salsa Etc.**

This low impact workout using Latin rhythms such as: Salsa, cha-cha, meringue and other fun dance moves is guaranteed to get your heart pumping and your feet moving. No experience required.

Los Volcanes 50+ Sports & Fitness Center
Tuesday, Thursday, 4:15–5:15 pm
 \$2, Connie Salus

Salsa Aerobics

Learn basic Latin dance steps in this fun and energetic cardio-Latin class. Be prepared to have a great time.

North Domingo Baca, Social Hall
Tuesday, Friday, 10:00–11:00 am
 Jalum Armazanduk

Salsa-Robics

For women and men. Relieve stress, improve flexibility and build stamina. The tempo and invigorating moves of the Cha Cha, Salsa/Mambo, and Samba combined with the intensity in which you approach the dance, makes this suitable for almost everyone. Wear comfortable clothes and shoes.

Los Volcanes, Social Hall
Thursday, 6:00–7:00 pm
Saturday, 9:00–10:00 am
 \$2, Elena Valencia

Mandatory Meeting for Competitors

Learn the rule changes for the Talent Show and Dance Competition. All competitors must be represented at this meeting. A mandatory 10 points will be deducted from anyone not present.

Tuesday, March 19, 2013, 2:00 pm
Los Volcanes 50+ Sports & Fitness Center, aerobics room

Mandatory Dress Rehearsal for Competitors

All competitors must be at the dress rehearsal in costume. A mandatory 10 points will be deducted from anyone not cooperating. This event will be a New Mexico Senior Olympics qualifying event.

Monday, April 29, 2013, 8:00 am
South Broadway Cultural Center
 Coordinator: Brett Steinmetz

**Line Dance**

Great for people who love to dance but don't have a partner—Everyone learns the dance and dances in a line.

Barelas, Social Hall
BEGINNING: Virginia Garcia
Friday, 12:45–1:30 pm

Highland, Social Hall
INTERMEDIATE 1: Maggie Bice
Wylene Santistevan
Tuesday, 1:30–3:00 pm

Los Volcanes, Social Hall
BEGINNING: Jeanette C. Finegold
Tuesday, 9:15–10:15 am
Tuesday, 10:20–11:30 am
INTERMEDIATE: Jeanne Hendrix, \$1
Thursday, 9:00–10:00 am
Thursday, 10:00–11:00 am

Manzano Mesa, Social Hall
BEGINNING: Georgette Smith
Wednesday, 1:30–3:00 pm
INTERMEDIATE: Georgette Smith
Wednesday, 3:00–4:30 pm
INTERMEDIATE II: Wylene Santistevan
Friday, 1:30–3:00 pm
ADVANCED: Wylene Santistevan
Friday, 3:00–4:30 pm

North Valley, South Social Hall
BEGINNING: Mon., 1:00–2:00 pm

Palo Duro, Mesquite
ADVANCED: K. Tidy
Monday, 1:30–3:00 pm
Sat. 2nd, 3rd, 4th, 10:30 am–12:00 pm
BEGINNING: K. Tidy
Monday, 3:15–4:30 pm
Sat. 2nd, 3rd, 4th, 9:00–10:30 am

North Domingo Baca, Social Hall
INTERMEDIATE: Georgette Smith
Tuesday, 5:45–7:30 pm
BEGINNING: Mary Garcia
Thursday, 1:00–2:15 pm

Square Dancing

Enjoy the timeless tradition of square dance where four couples form and dance in the shape of a square.

Palo Duro, Mesquite
Wednesday, 1:00 pm–3:00 pm
 Carol Champion, Contact Berlinda Padilla at 764-6467 for information

DOWNHILL SKI TRIPS

See Winter Sports on page 7.

“It's About Time!”

“30 minutes a day of moderate activity is all the time you need!”

—American Heart Association

Questions about any of these programs?

Call the host center, the event coordinator in the listing, or the 50+ Sports and Fitness center at 880-2800



For **“Compete & Meet”** events look for this logo
More information on page 12-13



EIGHT BALL POOL

ALBUQUERQUE 50+ GAMES

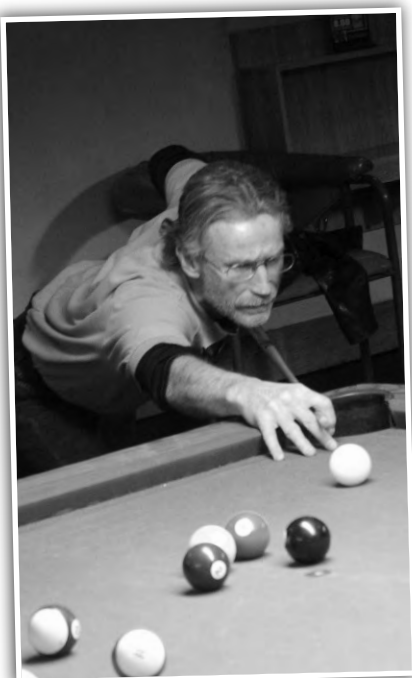
Eight Ball Pool Competition

Saturday, March 9,
2013, 10:00 am
Doc & Eddy's,
6040 Brentwood Lane NE

Doc & Eddy's is a neighborhood billiards club with a touch of class that you are sure to enjoy.

This event is a New Mexico Senior Olympics qualifying event.
Coordinator: Rachael Rumschlag, 350-3251

ABQ
50+
GAMES
PAGES 14-18



Eight Ball Pool at the Centers

A great way to visit and meet with friends. A variety of games are played at each center. Donation requested.

Barelas, Game Room
Monday–Friday, 8:00 am–12:00 pm

Bear Canyon, Closed for remodel

Highland, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Saturday, 10:00 am–4:00 pm

Los Volcanes, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Thursday, 8:00 am–7:00 pm
Saturday, 9:00 am–1:00 pm

North Valley, Billiards Room
Monday–Friday, 8:00 am–5:00 pm
Tuesday, 8:00 am–7:00 pm

Palo Duro, Game Room
Monday–Friday, 8:00 am–5:00 pm
Wednesday, 8:00 am–7:00 pm
Saturday, 9:00 am–1:00 pm

Eight Ball Pool Tournament

Put your billiards talents to use by joining us for an eight ball pool tournament. Space is limited. Pre-registration required.

North Valley, Billiards Room
February, date to be announced
\$2.50 registration fee

EXERCISE

Aerobics

These fun, low impact aerobics classes combine energizing music with a routine designed to strengthen the cardiovascular system. For beginners to advanced exercisers, everyone works at their own pace. Burn calories and get a great workout.

Barelas, Social Hall
Tuesday, Friday, 9:15–10:15 am

Highland, Social Hall
Mon, Wed, Fri, 8:45–9:45 am

Los Volcanes 50+ Fitness Center, Aerobic Room
Mon, Wed, Fri, 8:00–9:00 am

Manzano Mesa, Social Hall
Mon, Wed, Fri, 8:15–9:15 am

Palo Duro, Mesquite Room
Mon, Wed, Fri, 8:15–9:15 am

North Domingo Baca, Social Hall
Mon, Wed, Fri, 8:05–8:50 am

Body Fat vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. A home scale only measures weight. Visit one of our fitness facilities below for a free personal assessment.

Los Volcanes 50+ Sports & Fitness Center
3rd Wednesday
8:00 am–7:00 pm

Manzano Mesa, Fitness Room
2nd Wednesday
11:00 am–6:00 pm

N. Domingo Baca Fitness Center
4th Wednesday
8:30 am–1:30 pm, 2:00–7:00 pm

Palo Duro 50+ Sports & Fitness Center
1st Wednesday
8:00 am–7:00 pm

EnhanceFitness

This is an evidence based senior fitness class in which a three-part assessment will be conducted for each participant. Class components include cardio, weight training and flexibility.

North Valley, Rooms 1 & 2
Monday, Wednesday, Friday
9:00–10:00 am
Karen Shore

North Domingo Baca, Social Hall
Monday, Wednesday, Thursday
10:15–11:15 am
Kathy Weaver

Fitball

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, define and tone your body.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday, Friday, 10:30–11:30 am

Manzano Mesa, Gym
Tuesday, Thursday, 8:15–9:15 am
Nancy Misred, Janet Porter

Manzano Mesa, East Social Hall
Friday, 4:45–5:45 pm
\$2.50, Ann Owens

Flex & Tone

This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core. The class will start with fun music for a warm-up and will progress to weights, resistance bands, and mats for the conditioning portion of the class. Finish off with a soothing and relaxing stretch.

Highland, Social Hall
Tuesday, Thursday, 8:15–9:15 am

Los Volcanes 50+ Sports & Fitness Center, Aerobics Room
Tuesday, Thursday, 8:00–9:00 am

North Domingo Baca, Social Hall
Tuesday, Thursday 8:05–8:50 am

North Valley, Social Hall South
Tuesday, Thursday 12:00–1:00 pm

Palo Duro, Mesquite Room
Tuesday, Thursday, 8:00–9:00 am

WINTER SPORTS

Starting on Page 5 • Fitness, Day Trips, Competitions and More!



“It’s About Time!”

“They say that time changes things, but you actually have to change them yourself.”

Gentle Exercise

This is a fun exercise class, performed primarily in a chair. The focus is on resistance training to build strength. Equipment such as small balls and bands are used to make the exercises interesting and challenging.

Barelas, Social Hall

Tuesday, Friday, 10:15–10:45 am

Highland, Room 8

Mon., Wed., Fri., 10:00–11:00 am

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room

Monday, Wednesday, Friday 9:15–10:15 am, 11:45 am–12:45 pm

Manzano Mesa, Gym

Mon., Wed., Fri., 9:30–10:30 am

Palo Duro, Mesquite Room

Mon., Wed., Fri., 9:30–10:30 am

North Domingo Baca

Fitness Center, Upstairs

Monday, Wednesday, Friday

9:15–10:15 am, 10:30–11:30 am

Gentle Stretch & Strengthen

This slow-paced class is appropriate for those new to stretching, to enhance a yoga or fitness practice, or recovering from surgery or illness.

Los Volcanes, Room 2

Friday, 9:30–10:40 am

Jody Ford

Chair Exercise

This class incorporates a variety of muscle building and strengthening exercises for your arms and legs.

Paradise Hills Community Center

Mon., Wed., Fri., 10:30–11:00 am

Darlene Santiago, contact Berlanda Padilla at 764-6467 for information

DANCE CLASSES: page 21

FITNESS CHALLENGE PAGE 4

Gym Class for Grown-Ups

Relive your youth with this fun, interactive class. Participants exercise in a group using a variety of equipment to perform fun drills and games. Have a good time while you build lean muscle and bone, increase strength and endurance, and optimize function for daily activities.

N. Domingo Baca Fitness Center, Group Exercise Room (Upstairs)

Starting January 7, 2013

Monday, 5:30–6:30 pm

\$5/class, Jo Hotle

Back on Track

Burn fat, gain strength, build lean muscle mass, and improve cardio endurance with this fun class. This class has a little of everything from cardio to strength training to core conditioning. Change up your workout with this total body-conditioning workout.

Palo Duro 50+ Sports & Fitness Center

Tuesday, Thursday, 5:45–6:45 pm

Beginning March 2012

Jacquie Gantzer, \$42 plus tax/6 weeks (1 class/wk) or \$80 plus tax/6 weeks (2 class/wk)

Questions about any of these programs?

Call the host center, the event coordinator in the listing, or the 50+ Sports and Fitness center at 880-2800



Get Moving Aerobics

This group fitness cardio class incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall

Monday, Wednesday,

5:00–6:00 pm

\$20 per month or \$2.50 per class

Ann Owens

Kettlebells

A kettlebells workout challenges both the muscular and cardiovascular system with full range of motion movements that incorporate the core while working out all the major muscle groups. The rotational movements make it a unique and effective workout.

N. Domingo Baca Fitness Center (upstairs)

Date and times to be announced, \$125 plus tax, Heidi Rothenberg, Certified Kettlebell Instructor



Pilates

Condition the body from the inside out while you learn the importance of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Manzano Mesa, Room 4

Tuesday, 5:30–6:30 pm

\$20/4 classes or \$6/class

Kathy Weaver, (505) 803-6863

North Valley, Social Hall South

Tuesday, 5:45–6:45 pm

\$3, Karen Shore

Palo Duro, Cottonwood

Wednesday, 5:30–6:30 pm

\$3, Karen Shore

Palo Duro 50+ Fitness Center

Pilates Reformer Machine Training

Thursday, 10:00–11:00 am

Call 880-2800 for class schedule

Total Body Blast

Join this boot camp style class designed for all fitness levels. Learn to use ropes, kettlebells, resistance bands, and stability balls while increasing your heart rate to burn fat and build muscle.

N. Domingo Baca Fitness Center, Group Exercise Room (Upstairs)

Starting January 7, 2013

Monday, 6:45–7:45 pm

\$5/class, Karen and Jana

Wii/X-Box Video Fitness, Yoga and Sports

Customize your fitness workouts with the Wii Fit, Wii Sports or X-Box Sports programs—truly unique and physically interactive experiences. Upon request.

Los Volcanes 50+ Sports & Fitness Center, Call 839-3710

Palo Duro 50+ Sports & Fitness Center, Call 880-2800

N. Domingo Baca Fitness Center Call 764-6496

Zumba® Gold Classes

Check out this fun new dance/aerobic class. Zumba is a fusion of Latin and international music creating a dynamic and exciting workout experience. No dance experience required.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room

Tuesday, 5:30–6:30 pm, \$3, Julie Stoffer

North Domingo Baca, Social Hall

Tuesday, Thursday, 9:00–10:00 am, \$1, Theresa Hallada

Manzano Mesa, Various Rooms

Monday, Wednesday, 10:45–11:45 am

Friday, 10:00–11:00 am, \$1, Therese & Cheryl Hallada

Friday, 8:00–9:00 am, \$1, Dee Williams

Zumba

Manzano Mesa, Gym

Saturday, 11:30 am–12:30 pm

\$2, Kaitlin Austin

Thursday, 6:00–7:00 pm

\$2, Jalum

North Domingo Baca, Social Hall

Monday, Tuesday, 4:30–5:30 pm

Wednesday, 5:30–6:30 pm

Friday, 4:45–5:45 pm

Saturday, 9:00–10:00 am,

1:00–2:00 pm

Paradise Hills Community Center

Tuesday, Thursday, 9:00–10:00 am

\$4/class or \$20/6-class punch card

Tiffany Didrickson

Call Berlanda 764-6467 for info

Monday–Friday, 6:00–7:00 pm

\$4/class or \$35/month

Kristin Sitton

Call Berlanda 764-6467 for info

Tijeras Senior Center

Tuesday, 10:00–11:00 am

\$4/class or \$30/10-class punch card

Call Berlanda 764-6467 for info

FIELD EVENTS

See Track and Field page 28



GOLF

DSA Golf Tournament

The Department of Senior Affairs hosts a Golf Tournament every year.

For information contact James Mader at North Domingo Baca Multigenerational Center 764-6475.

ALBUQUERQUE 50+ GAMES

Golf Competition

Hosting both men's and women's golf competitions. Participants will be called with their tee times, starting with men at 9:00 am. Green fees, including carts, will be \$35 for 18 holes.

Thursday, May 9, 2013
Arroyo del Oso Golf Course
7001 Osuna Rd NE

The tournament is a scratch event no handicap and will be a New Mexico Senior Olympics qualifying event.
Coordinator: Bob Pyeatt, 823-6467



**"It's
About
Time!"**

**"Three 10 minute
sessions per day
boosts energy
level and pro-
motes enthusiasm
an optimism."**

HORSESHOES

ALBUQUERQUE 50+ GAMES

Horseshoe
Competition

Horseshoes provides a means for people of all ages to enjoy good exercise while having fun.

Saturday, May 4, 2013, 10:00 am
Los Altos Park, 10130 Eubank NE

This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Jimmy Ortiz, 620-0775



HUACHAS

ALBUQUERQUE 50+ GAMES

Huachas
Competition

If you enjoy horseshoes, you will like pitching washers.

Tuesday, March 28, 2013, 9:00 am
Location to be announced

Competition will be in both doubles and singles. This event will be at the New Mexico Senior Olympics.
Coordinator: Brett Steinmetz, 880-2800



HEALTHY LIVING

Manage Your Chronic
Disease (MyCD)
Program Workshop

If you have (or care for someone with) a chronic health condition such as: diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health conditions, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put Life Back Into Your Life. Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Free 6-week workshop
2.5 hour meetings

**ALL MyCD Programs
are Free of Charge**

For more information visit:
[http://www.arthritisnm.org/
myCD-program.html](http://www.arthritisnm.org/myCD-program.html)

Pre-registration required: 880-2800

**Free with
Membership**

2013 Schedule

**Los Volcanes 50+
Sports and Fitness Center**
6500 Los Volcanes NW
Tuesday, 1:00–3:30 pm
January 15–February 19
March 12–April 16
May 7–June 11
September 3–October 8
October 29–December 3

Palo Duro Senior Center,
5221 Palo Duro NE
Thursday, 1:00–3:30 pm
January 17–February 21
March 14–April 18
May 16–June 20
September 5–October 10
October 17–November 21

**North Domingo Baca
Multigenerational Center,**
7521 Carmel NE
Wednesday, 1:30–4:00 pm
January 2–February 6
March 13–April 17
May 15–June 19
September 4–October 9
October 16–November 20

**New Mexico Veterans' Affairs
Health Care System** held at the
New Mexico Veterans' Memorial,
1100 Louisiana Blvd. SE
Wednesday, 9:00–11:30 am
January 23–February 27
March 13–April 17
May 8–June 12
July 10–August 14
August 28–October 2

Lovelace Westside Hospital
10501 Golf Course Rd NW,
Theresa Jones Henry at 727-2001
Thursday, 10:00–12:30 pm
January 17–February 21
March 14–April 18
May 23–June 27
September 5–October 10
October 17–November 21



**Winter Sports
Starts on page 5**

Open Huachas

Also known as "Hillbilly horseshoes," this game is a physical game of skill much like horseshoes, but uses large metal washers that are pitched at a 3-inch hole in a 24 x 24 inch ground platform from 21 feet away. Players receive points based on how close their washers land to the hole. Try your hand at this new sport to the New Mexico Senior Olympics at our weekly practices.

Location to be announced

Friday, 10:00–11:00 am
(weather permitting)

Info: call Palo Duro 880-2800



ICE HOCKEY

Ice Hockey Competition
See Winter Sports page 11.



MASSAGE

Chair Massage

Alleviate those aches with massage, increase circulation and relieve tightness.

Palo Duro 50+ Sports & Fitness
Center • Call 880-2800

Table Massage

Enjoy a full body massage while relaxing on a table!

Barelas, Lobby
Thursday, 9:30–11:30 am
Damian, LMT



**“It’s
About
Time!”**

**“Only 30 minutes a
day can reduce
coronary heart
disease in women
by 30-40%!”**

RACEWALKING

ALBUQUERQUE 50+ GAMES

**Racewalking
Competition
5K Racewalk**

Saturday, April 20, 8:00 am
Alameda—N. Diversion Channel

The Albuquerque 50+ Games
qualifying race for the
New Mexico Senior Olympics.
Coordinator: Lenny Krosinsky, 250-2283

**ABQ
50+
GAMES**
PAGES 14–18

ALBUQUERQUE 50+ GAMES

**Racewalking
Competition**

400 & 1500 meter
Racewalk at the Track &
Field Competition

Saturday, May 4, 2013
Beginning at 9:00 am
Albuquerque Academy
6400 Wyoming NE

This event will be a New Mexico Senior
Olympics qualifying event.
Coordinators: Lenny Krosinsky, 250-2283
and Marjorie Holmes, 255-3025

**ABQ
50+
GAMES**
PAGES 14–18



PICKLEBALL

Pickleball is played with a perforated plastic ball and wood or composite paddle on a badminton court with the net lowered to 34 inches. “It resembles tennis and table tennis on a badminton court.”

ALBUQUERQUE 50+ GAMES

**Pickleball
Tournament**

Fri, Sat, & Sun
April 12, 13, & 14, 9:00 am
Manzano Mesa, 501 Elizabeth SE

The divisions will be singles, doubles and mixed. This event will be a New Mexico Senior Olympics qualifying event.
Coordinators: Gary Rutherford (505) 507-3663 and Penny Forgette (505) 379-7074

**ABQ
50+
GAMES**
PAGES 14–18

COMPETE & MEET

**Doubles
Pickleball
Tournaments**
page 13


Open Pickleball

Times are subject to change from summer to winter.

Gary Rutherford (505) 507-3663
Penny Forgette (505) 379-7074

Barelas, Social Hall
Monday, Wednesday,
9:30–11:15 am

Manzano Mesa, Gym
Thursday, 2:00–4:00 pm
Saturday, 9:00–11:00 am

Los Altos Park
Outdoors, call Gary,
507-3663, for times

Los Padillas
Community Center, Outdoors
Friday, 6:00–8:00 pm

Los Vecinos
Community Center, Outdoors
Monday, Thursday, 9:00–11:00 am

Los Volcanes, Social Hall
Monday, Wednesday, Friday,
9:30–11:00 am
Monday, 12:30–3:00 pm

Paradise Hills Community Center
Outdoors, call Gary, 507-3663,
for times

Raymond G. Sanchez
Community Center
Tuesday, Wednesday, 1:00–3:00 pm
Outdoors anytime

Roosevelt Middle School, Gym
Tuesday, Thursday, 6:00–8:00 pm
Saturday, 9:00 am–12:00 pm
Sunday, 1:00–3:00 pm

Pickleball Training
Manzano Mesa, Gym
Tuesday, Thursday, 9:15–11:00 am
Saturday, 12:30–2:50 pm



Racewalking

Racewalking appeals to many people because they can successfully participate and enjoy doing a sport! Try it for yourself and see how much fun this activity can be.

**The 2012–2013 New Mexico
Racewalkers weekly training at
Tingley Beach, Saturday, 8:00 am**

If you are interested in learning how to racewalk, participate in racewalking, or would like to join the practices, call Lenny Krosinsky, past President of the N.M. Racewalkers at 250-2283, Lenny’s e-mail at lennykro@aol.com or visit www.newmexicoracewalkers.org.

RACQUETBALL

ALBUQUERQUE 50+ GAMES

**Racquetball
Competition**

Thursday, March 21
8:00 am, hosted by
Midtown Sports & Wellness
4100 Prospect Ave. NE.

This event will be a New Mexico Senior
Olympics qualifying event.
Coordinator: Paula Sperling, 888-4811

**ABQ
50+
GAMES**
PAGES 14-18

**SUMMER OUTDOOR
RECREATION**
See page 8

Racquetball Clinics

Open to the public, these low cost clinics are for all playing levels—beginners to advanced. Each session includes safety tips, rules, stroke mechanics, strategy and playing time. What better way to improve your performance at the Albuquerque 50+ Games Racquetball Tournament!

Midtown Sports & Wellness Clubs

Thursday, 10:00 am–12:00 pm

January 3–February 7, 2013

February 14–March 14, 2013

April 4–May 9, 2013

May 16–June 20, 2013

July 11–August 22, 2013

September 5–October 10, 2013

\$20 Sports & Wellness Members

\$40 Non-Members

Individual classes are \$10. Players can join at anytime. Cost is prorated based on the number of sessions attended. Information: Paula Sperling at Midtown 888-4811.



SHUFFLEBOARD

Did you know that shuffleboard originated as shovelboard in which players used broom-shaped paddles and was gambled over by King Henry VIII? We've come a long way to the deck shuffleboard we play today.

ALBUQUERQUE 50+ GAMES

**Shuffleboard
Competition**

Friday–Saturday,
March 22–23, 2013
9:00 am

Manzano Mesa, 501 Elizabeth SE

**ABQ
50+
GAMES**
PAGES 14-18

This event is a New Mexico Senior
Olympics qualifying event. Coordinator:
Gladie Peltomaki, 764-6436

Silver Shufflers

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.

Barelas, Social Hall
Monday, 2:30–4:30 pm

Manzano Mesa
Tuesday, 1:00–4:00 pm

Wells Park Community Center
Monday, 9:00–11:30 am

\$1 donation

Information: Betty Piatt 922-6375

Scott Heron 299-7768

E-mail: boogie921@juno.com

Website: www.senior-sports.org

SNOWSHOEING TRIPS

See Winter Sports page 6–7.



SOFTBALL

NEW MEXICO SENIOR OLYMPICS

Softball

NEW MEXICO

Competitions

SENIOR

State competition only

OLYMPICS

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777, <http://www.nmseniorolympics.org>, or contact the Palo Duro 50+ Sports and Fitness Center, 880-2800.

Men's Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.

Bear Canyon 65+ League

Tom Haroz, 828-1211

Palo Duro**Papa Murphy's Team**

Marc LaChey, 275-2331

Women's Softball (League Play)

The City of Albuquerque Parks and Recreation Dept. and the NM Senior Sports Foundation are establishing a separate 50+ senior women's league.

Information, contact the City Sports Office at 291-6239 or the NM Senior Sports Foundation at 299-7768 or visit the website at www.senior-sports.org.

Silver Gloves

Women age 50 and over are welcome to join. Practice and tournaments are held throughout the year.

Information contact

Connie Dayton 980-2391

Website: <http://www.senior-sports.org>

ROADRACE



ALBUQUERQUE 50+ GAMES

Roadrace 5K and 10K Competition

This is an invitation to all the weekend runners to get recognition for your hard work.

Saturday, April 27, 2013, 7:00 am

Albuquerque International Balloon Fiesta Park,
5000 Balloon Fiesta Parkway NE

**ABQ
50+
GAMES**
PAGES 14-18

This event is a New Mexico Senior Olympics qualifying event. In addition, the 5K and 10K will run concurrently; so you will have a chance to qualify in both races on the same day! Both races start together. The 5K time will be recorded. If you want to receive a time in the 10K you just keep going to the 10K finish. Coordinator: Maggie Ezzard, 507-6216

See page 21
for a wide variety of dance opportunities

SWIMMING

ALBUQUERQUE 50+ GAMES

Swimming Competition

Saturday,
March 16, 2013
Warm-up beginning at
7:30 am, meet begins at 9:00 am
West Mesa Aquatic Center,
6705 Fortuna Road NW



PAGES 14-18

This event is a New Mexico
Senior Olympics qualifying event.
Coordinator: Tim Wilde, 269-0645

Group Aquatics Competition

Call 880-2800, to enter your team.

New exhibition sport for the
New Mexico Senior Olympics

COMPETE & MEET

Swim Workshops

Feb. 2, 17, & Mar. 2
Other Compete and
Meet events, page 12.



PAGES 12-13

Recreational Swimming

The City of Albuquerque, Parks and
Recreation Department offers recre-
ation swimming, water exercise, swim-
ming lessons and lap lane times.

For fees and info. call the Parks and Rec.
Dept. at 768-5300, one of the following
pools, or visit www.cabq.gov/aquatics.

Lap Swim**Highland Pool**

400 Jackson SE, 256-2096

Monday–Friday, 6:00–8:00 am,
11:45 am–1:15 pm, 6:00–8:00 pm
Saturday–Sunday, 12:00–1:00 pm

Los Altos Pool

10100 Lomas NE, 291-6290

Monday–Friday, 6:00–10:00 am,
11:30 am–1:30 pm, 6:00–7:00 pm
Saturday–Sunday, 11:00 am–1:00 pm

Sandia Pool

7801 Candelaria NE, 291-6279

Monday–Friday, 6:00–8:00 am,
6:00–8:00 pm
Saturday–Sunday, 11:00 am–1:00 pm

Valley Pool

1510 Candelaria NW, 761-4086

Monday–Friday, 6:00–8:00 am,
6:00–8:00 pm
Saturday–Sunday, 12:00–4:00 pm

West Mesa Aquatic Center

6705 Fortuna Rd. NW, 836-8718

Monday–Friday, 5:30–8:00 am,
6:00–8:00 pm
Saturday–Sunday, 12:00–4:00 pm

TABLE TENNIS

ALBUQUERQUE 50+ GAMES

Table Tennis Competition

Saturday–Sunday,
April 6, 7, 8:00 am
North Valley Center
3825 4th St. NW



PAGES 14-18

This event will be a New Mexico
Senior Olympics qualifying event.
Coordinator: Marv Sommers, 239-1443

ALBUQUERQUE 50+ GAMES

Table Tennis Workshop

Review rule changes and
regulations and receive
instruction to improve your game.



PAGES 14-18

North Valley, Social Hall

Saturday, March 2, 2013

9:00 am • Free

Instructor: Marv Sommers, 239-1443

Table Tennis Practice and Play

Since its inception in 1880s England
as an after-dinner amusement for
upperclass Victorians, this sport has
grown into an international favorite.
Originally, a line of books served as the
net, a champagne cork or knot of
string as the ball, and a cigar box lid as
the racket. See how it has evolved!

Barelas, Social Hall

Thursday, 1:00 pm–3:00 pm

Los Volcanes, Social Hall

Tuesday, 1:30–4:00 pm

Palo Duro, Mesquite Room

1st Saturday, 9:30–10:30 am

2nd, 3rd & 4th Saturday,
9:30–11:30 am

North Valley, Social Hall

Monday, 2:00–5:00 pm

(upon request)

Manzano Mesa, Game Room

Monday–Friday, 8:00–9:00 am

Saturday, 9:00–3:00 pm

Pajarito Senior Meal Site

Wednesday, 12:30–1:30 pm



TALENT SHOW

ALBUQUERQUE 50+ GAMES

2013 Talent Show

Part of the
Talent Show
and Dance Idol
Competition



PAGES 14-18

Categories include: band, kitchen band,
instrumental, vocal, dance, comedy and
reading. Seating is limited for this popu-
lar show and tickets are required. To
reserve your FREE tickets call the 50+
Sports & Fitness Office 880-2800.

Tuesday, April 30, 1:00 pm
South Broadway Cultural Center
1025 Broadway SE

Mandatory Meeting for Competitors

Learn the rule changes for the Talent
Show and Dance Competition. All
competitors must be represented at this
meeting. A mandatory 10 points will
be deducted from anyone not present.

Tuesday, March 19, 2:00 pm
Los Volcanes 50+ Sports & Fitness
Center, aerobics room

Mandatory Dress Rehearsal for Competitors

Monday, April 29, 8:00 am

All competitors must be at the dress
rehearsal in costume. A mandatory 10
points will be deducted from anyone not
attending. This event will be a New
Mexico Senior Olympics qualifying event.
Coordinator: Brett Steinmetz 880-2800.

TENNIS

ALBUQUERQUE 50+ GAMES

Tennis Tournament

You don't have to be Pete
Sampras to enjoy playing in our
Albuquerque 50+ Games tournament.



PAGES 14-18

Sat.–Sun., April 27–28, 8:00 am
Jerry Cline Tennis Complex
7205 Constitution NE

Athletes will compete in Singles,
Doubles and Mixed Doubles. This event
will be a New Mexico Senior Olympics
qualifying event. Coordinator: 880-2800

Tennis Ball Machine

For players looking for extra practice.
Players may reserve the machine up to
two days in advance and the cost for an
hour is \$8 which includes the court fee.

Sierra Vista Tennis Ctr., 897-8815
Jerry Cline Tennis Ctr., 848-1381

USTA Adult League

The Northern New Mexico District
Tennis Association provides leagues for
Adults, Seniors, and Super Seniors. The
Adult season is scheduled for approxi-
mately 12 weeks when daylight savings
time begins. Matches are scheduled from
10:00 am–6:00 pm weekends, and 6:00
pm weekdays, Monday– Friday. Seniors
and Super Seniors are played in the fall
beginning in September and matches
are on weekends for seniors and during
the week for the Super Seniors. Levels of
play range from 2.5 through 5.0.

Interested players may call Jud Lee at 505-
263-2264, nmtaleagues@gmail.com



**"It's
About
Time!"**

**"Limit your soda by
1 can a day and
you can drop 16
pounds in a year."**

TRACK

ALBUQUERQUE 50+ GAMES
**Track & Field
Competition**

**ABQ
50+
GAMES**
PAGES 14-18

FIELD: Friday May 3rd
TRACK: Saturday, May 4, 2013
Albuquerque Academy
6400 Wyoming NE

This event is a New Mexico Senior
Olympics qualifying event.
Coordinators: Kristy Perez, 761-8306
and David Salazar

COMPETE & MEET GAMES

**Track &
Field Workshop**

**COMPETE & MEET
GAMES**
PAGES 12-13



TRIATHLON

NEW MEXICO SENIOR OLYMPICS

Triathlon

State competition only

NEW MEXICO
**SENIOR
OLYMPICS**

There is no triathlon
event at the Albuquerque 50+ Games.

To qualify to compete in the Triathlon
competition at the 2012 New Mexico
Senior Olympics, you must compete in one
of the triathlon disciplines in the 2012
Albuquerque 50+ Games (Track, Cycling
or Swimming). Info: NM Senior Olympics,
1-575-623-5777, www.nmseniorolympics.org, or Palo Duro 50+ Sports &
Fitness Center, 880-2800.

VOLLEYBALL

NEW MEXICO SENIOR OLYMPICS

Volleyball Competition

State competition only

NEW MEXICO
**SENIOR
OLYMPICS**

The New Mexico Senior Olympics will
qualify athletes for the National Senior
Olympics. Dates, times and locations
will be announced at a later date.

For information contact the New Mexico
Senior Olympics, 1-575-623-5777,
<http://www.nmseniorolympics.org>,
or contact the Palo Duro 50+ Sports and
Fitness Center, 880-2800.

Volleyball Pick-up Games

Join the 50+ volleyball players for
drop-in volleyball matches.

**Wells Park Community
Center, Gym**
Monday, 6:00–8:00 pm
Instructor: Dora Gunkel

Wilson Middle School, Gym
September–December
Saturday, 9:30 am–12:00 noon
Instructor: Dora Gunkel

Manzano Mesa, Gym
Monday, open for any age group
Friday, 5:00–7:00 pm one court
reserved for senior play
Thursday, 6:00–9:00 pm
open for any age group



EASTERN TRADITIONS

Nia Technique

The Nia Technique™ draws inspiration
from the dance arts, martial arts and
healing arts for a cardiovascular, aerobic,
and super fun workout that is challeng-
ing and stimulating, yet easy to follow.
We dance in our bare feet so we build
strength from the ground up.

Highland, Room 8
Saturday, 10:15–11:15 am
\$7 or \$30 for a five-week class card
Elizabeth Cervantes

Highland, Room 8
Thursday, 11:15 am–12:15 pm
\$7 or \$30 for a five-week class card
Michele Diel

Yoga

These classes combine core management
methods with mind/body/breath disci-
pline to reduce physical and mental
stress and lengthen muscles. Yoga will
improve posture and core strength, as
well as reduce lower back pain and
increase muscle flexibility.

Barelas
Monday, Thursday, 9:15–10:45 am
Dolly Sanchez

Bear Canyon, Room 6
Thursday, 2:30–4:00 pm
Kae Sumrall

Highland, Room 7
Wednesday, 1:15–2:45 pm

**Los Volcanes 50+ Sports &
Fitness Center, Aerobics Room**
Saturday, 8:00–9:30 am
\$3, Kathy Crisp

Manzano Mesa, East Social Hall
Monday, 6:15–7:00 pm
\$25 per month, Ann Owen

North Domingo Baca, Classroom 1
Monday, 9:00–10:00 am,
5:45–6:45 pm
Wednesday, 8:00–9:00 am
Friday, 9:00–10:00 am,
1:00–2:00 pm
Saturday, 12:00–1:00 pm

Tijeras Senior Center
Wednesday, 9:45–11:00 am
Free, Sara Levin, call Berlinda
Padilla at 764-6467 for information

Beginners Yoga

Manzano Mesa, Social Hall
Monday, 6:15–7:15 pm
Ann Owens

Yoga, Chair

Focus on alignment, breathing, relax-
ation, and core awareness while gently
opening up the body, increasing
strength, flexibility, mobility and build-
ing bone density.

Bear Canyon, Room 1
Wednesday, 9:30–10:30 am
\$5, Kae Sumrall

Los Volcanes, Room 10
Friday, 10:00–11:00 am
\$5, Maebi Richards

Yoga, Dahn

Dahn Yoga is an integrated mind-body
training method that combines deep
stretching exercises, meditative breath-
ing techniques and energy awareness
training. Dahn Yoga was created for
people who want to gain flexibility and
balance of mind and body in the midst
of their busy and sometimes hectic lives.
It is easy and simple enough for anyone
to learn, yet challenging for even the
most advanced practitioner.

Los Volcanes, Room 2
Thursday, 2:00–3:00 pm
\$5, Lynn Alexander

N. Domingo Baca Fitness Center,
Group Exercise Room (Upstairs)
Starting January 4, 2013
Friday, 4:45–5:45 pm
\$5, Lynn Alexander

North Valley, Room 1 & 2
Tuesday, Thursday, 3:00–4:00 pm
\$3, David Plummer

Yoga, Hatha

Gentle yoga with an emphasis on
stretching and breathing.

Los Volcanes, Room 2
Monday, 2:00–3:00 pm
\$5 per class, Maebi Richards

Yoga, Hatha-Plus

This class combines Hatha yoga and
core body work.

Manzano Mesa, Room 5
Friday, 9:00–10:00 am
Janet Porter

Yoga, Hatha—Qi Gong

Practice breathing and Hatha yoga pos-
tures. Breathing revitalizes the brain
and internal organs with oxygen, and
postures keep the spine supple and
healthy. This class will help lower your
blood pressure and calm nerves.

Manzano Mesa, Room 5
Wednesday, 9:00–10:00 am
Dee Cappellet



Yoga—Kundalini

Kundalini, an electric, fiery, occult life force, is a spiritual power that brings in energy, expands the mind, and opens new thinking.

Manzano Mesa, Room 4
Wednesday, 10:00–11:00 am
 Lucille Mulcahy

Laughter Yoga

Come laugh your way to good health! Class incorporates laughter exercises and yogic breathing that combine to reduce stress and promote well-being.

Los Volcanes, Room 2
Friday, 10:00–11:00 am
 \$5, Maebi Richards

T'ai Chi

A holistic way to health and happiness based on the gentle movements presented in a unique way for healing mind and body and engaging the spirit.

Los Volcanes, Room 2
Wednesday, 12:00 noon–1:00 pm
 \$3, Jim Dell

Questions about any of these programs?

Call the host center, the event coordinator in the listing, or the 50+ Sports and Fitness center at 880-2800

T'ai Chi Chih

T'ai Chi Chih is a series of easy, gentle movements that balance the internal energy (Chi). It is often called a moving meditation and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress blood pressure and weight.

Palo Duro, Aspen Room
BEGINNING: Wed., 4:30–5:30 pm
CONTINUING: Wed., 5:45–6:45 pm
 \$60/8 week session
 Ellen Tatge

Manzano Mesa
Tuesday, 5:30–6:30 pm
 \$60/8-week session
 Eileen Devine, 281-9731

Korean Tai Chi (Dahn Mudo)

The practice of Dahn Mudo improves balance, strengthens and opens joints, and helps deepen your ability to focus and relax. The conscious use of movement and breathing will help eliminate stress and negative emotions.

Los Volcanes 50+ Sports & Fitness, Aerobics Room
Saturday, 10:00–11:00 am
 \$5, Lynn Alexander

DANCE CLASSES

See page 21



“It’s About Time!”

“You can feel sore tomorrow or you can feel sorry tomorrow. You choose.”

T'ai Chi Ch'uan

A form of martial arts that provides a cardiovascular workout and improves balance.

Barelas, Social Hall
Wednesday, 9:30–10:00 am
 Master Dug Corpolongo

Manzano Mesa, Room 4
Tuesday, 9:30–10:30 am
 Master Dug Corpolongo

Palo Duro, Ponderosa Pine
Friday, 9:30–10:30 am (not meeting first Friday of every month)
 Sifu Ty Beh

North Valley, Room 1 and 2
Monday, 9:30–10:30 am
 Master Dug Corpolongo

Highland, Room 8
Thursday, 9:30–10:30 am
 Master Dug Corpolongo

Tai Chi: Moving For Better Balance

This evidence-based program developed at the Oregon Research Institute geared at reducing the risk for falls in older adults. Participants practice a series of simple, slow, and rhythmical movements aimed at improving balance and strength.

N. Domingo Baca Fitness Center,
 Group Exercise Room (Upstairs)
 Starting January 15, 2013
Tuesday, Thursday, 9:30–10:30 am
 50¢ donation, Jean Vosburg
 18 weeks, call 764-6496 to sign up



There is something for everyone under our umbrella

Membership entitles you to a world of opportunities. Here are just a few...



Fitness Programs • Classes
 Volunteer Opportunities Travel • Meals
 Albuquerque 50+ Olympics
 Community Meeting Space
 Computer Labs • and much more!



For information call: 764-6400
 The Department of Senior Affairs
 or the Citizen Contact Center 311
 TTY: (505) 764-6405

Center memberships are only \$13 a year!

SELF DEFENSE

Aikido

A non-aggressive style of martial arts working on the principle “do not fight force with force”. Redirect the attacker’s energy and use it to your favor.

Los Volcanes 50+ Sports & Fitness Center
Tuesday, Friday, 3:45–5:00 pm
Wednesday, 5:30–6:45 pm
 Charles Watkins, 920-4180

Manzano Mesa, Various Rooms
Monday, 7:00–8:00 pm
Tuesday, 7:00–8:00 pm
Saturday, 1:15–2:45 pm
 Charles Watkins, 920-4180

N. Domingo Baca,
Thursday, 4:30–5:30 pm,
5:30–7:00 pm (Women’s)
Friday, 6:00–7:00 pm
Saturday, 9:00–10:30 am,
10:30–11:45 am
 Charles Watkins

**N. Domingo Baca Fitness
Center, Group Exercise Room
(Upstairs)**
Starting January 8, 2013
Tuesday, 6:00–7:15 pm
\$4/class, Charles Watkins

Aikido Weapons

Weapons are Aikido with either a 50 inch staff called a "jo" or a wooden sword called a "bokken". The practice of weapons improves our empty hand techniques. This class involves forms and partner practices.

**N. Domingo Baca Fitness
Center, Group Exercise Room
(Upstairs)**
Starting January 5, 2013
Saturday, 10:30–11:45 am
Tuesday, 7:30–8:30 pm
\$4/class, Charles Watkins

Taekwondo

N. Domingo Baca,
Monday, 7:15–8:15 pm
Tuesday, 7:45–8:45 pm
Saturday, 7:15–8:15 pm

Quigong

N. Domingo Baca,
Wednesday, 10:15–11:15 am

All-Star Youth Karate

For ages 4–16, this karate/self defense program covers martial art techniques, emphasizing self-defense and child safety awareness.

Manzano Mesa, East Social Hall
Wednesday, 6:00–9:00 pm
 David Vigil, to register: 899-1666

Kendo Kai

A Japanese martial art of fencing.

Manzano Mesa, East Social Hall
Friday, 6:00–8:00 pm
 Davis Begay

Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

Manzano Mesa, Room 3
Tuesday, Wednesday, 6:00–8:00 pm
Chris Nowak

Over 40: Self Defense

This class is geared at helping adults protect themselves against attackers. Learn how to be more attentive to your surroundings and how to deflect physical encounters if they arise.

N. Domingo Baca Fitness Center,
Group Exercise Room (Upstairs)
Starting January 9, 2013
Wednesday, 5:30–7:00 pm
\$5/class, Jo Hotle

Personal Defense Club, Close Quarter Combat

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

Manzano Mesa, Room 4
Tuesday, 7:30–9:00 pm
\$10 per month, Dr. Sean Ross



**“It’s
About
Time!”**

“Did you know, the more muscle you have the more calories you burn?”

**Join us and
take part in the "It's About Time"
Personal Fitness Challenge
See page 4 for details.**



"It's About Time"

Fitness Challenge

Timecard

Name _____

Center

Date _____

Date	What are you doing?	Time Spent	Total	Staff Initials
		START		
		STOP		
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01-02-2013 Reorder from 50+ Sports & Fitness Program

Weight Training at Our Centers

WEIGHT TRAINING

Weight Training Orientations

Weight training will keep you feeling and looking great. Not only will weight training give you more energy, but also increases muscle tone and bone density. Join one of our free orientations where we instruct on the fundamentals of weight training.

Los Volcanes 50+ Sports & Fitness Center
Call 839-3710 for appointment

Manzano Mesa, Fitness Room
Call 275-8731 for appointment

North Domingo Baca, Fitness Room
Call 764-6496 for appointment

Palo Duro 50+ Sports & Fitness Center
Call 880-2800 for appointment

FITNESS FACILITIES

Our fitness facilities are equipped with strength training and cardio equipment. A \$13 per year membership fee entitles you to full privileges. There is a contribution of 50¢ per visit. Free equipment orientations are available by appointment.

Los Volcanes 50+ Sports & Fitness Center
839-3710, 6500 Los Volcanes, NW

Manzano Mesa, Fitness Room
275-8731, 501 Elizabeth, SE
(18 years of age and older)
Closed 1:30-2:00 pm

Palo Duro 50+ Sports & Fitness Center
880-2800, 3351 Monroe, NE

North Valley, 761-4025
3825 Fourth Street, NW

North Domingo Baca, Fitness Room
764-6496, 7520 Carmel, NE
(18 years of age and older)
Closed 1:30–2:00 pm daily for cleaning

Open Weight Room

Join us for our exclusive senior's only weight room hour.

Cesar Chavez Community Center, La Mesa Senior Meal Site
Monday, Wednesday, Friday, 8:00-10:00 am
\$2/class, call Berlinda Padilla at 764-6467 for more information

GROUP WEIGHT TRAINING CLASSES

Basics with Free Weights

For novice lifters to learn safe and proper free weight lifting techniques to be used as an alternative, or in conjunction with workout machines.

Los Volcanes 50+ Sports & Fitness Center
Call 839-3710
for schedule



Weight Training Group Class

Group weight training will teach you how to properly use free weights, bands and much more. In addition, this class will give you a personal library of exercises to work with for all your future workouts. Class sessions last for 6 weeks. Call for schedules.

Los Volcanes 50+ Sports & Fitness Center
Tuesday, Thursday, 10:00–11:00 am
50¢ contribution, Gary Luna, 839-3710, ISSA Certified Personal Trainer
Session 1: Sep. 18–Oct. 25
Session 2: Oct. 30–Dec. 6
Session 3: Dec. 11–Jan. 17
Session 4: Jan. 22–Feb. 28
Session 5: Mar. 5–Apr. 11
Session 6: Apr. 16–May 23

Palo Duro 50+ Sports & Fitness Center
Monday, Wednesday, 5:30–6:30 pm
Tuesday, Thursday, 10:00–11:00 am and 11:00 am–12:00 pm
\$150 plus tax/6 week session
Aaron Bubbico, 750-3217, ACE Certified Personal Trainer
Web: www.aaronbubbico.com
e-mail: aaronbubbico@gmail.com
Sessions run every 6 weeks, contact Aaron for class information

North Domingo Baca Fitness Center, Group Exercise Room (Upstairs)
Tuesday, Thursday, 4:45–5:45 pm
\$150 plus tax, Gary Luna, 764-6496
ISSA Certified Personal Trainer
Session 1: Jan. 8–Feb. 14
Future Sessions TBA

Group Circuit Fitness Class

This fitness class focuses on strength training, cardio and flexibility. Class includes a pre class fitness assessment, and a post 6-week fitness assessment.

Palo Duro 50+ Sports & Fitness Center, 5:45–6:45 pm

SESSION 1:
Class 1: Tuesday, June 4–July 16
(no class 7/2)
Class 2: Thursday, June 6–July 18
(no class 7/4)

SESSION 2:
Class 1: Tuesday, July 30–Sept. 3
Class 2: Thursday, Aug. 1–Sept. 5
\$43 for 1 session (1 class/week)
\$80 for 1 session (2 classes/wk)
Jacquie Gantzer, instructor



2012-2013 Calendar at-a-glance

50+ Sports & Fitness Program

880-2800

C&M = Compete and Meet Games **page 12**
Abq 50+ = Albuquerque 50+ Games **page 14**
PDFC = Palo Duro Fitness Center
LVFC = Los Volcanes Fitness Center
NDBF = North Domingo Baca Fitness Center

2012 December

Begin Winter Trip Registration



2013 January

Winter Sports Cross Country Skiing, Snowshoeing, Downhill Skiing
It's About Time 12-Week Challenge Jan-March
Beginning Cross Country Lessons Fri, Jan 4
Downhill Slalom Lessons Wed, Jan 2, Thurs, Jan 3
Indoor Pickleball Doubles Tournament C&M Fri, Sat, Sun, Jan 4, 5, 6
Snowshoe 101, Fri, Jan 11
Telemark Ski Lesson Thurs, Jan 3
Red River Overnight Ski Trip Tues-Thurs, Jan 22-24
Indoor Rockwall Climbing Sat, Jan. 5

February

Winter Sports Cross Country Skiing, Snowshoeing, Downhill Skiing, and Snowshoe 101
Swimming Workshops Sun, Feb 3 and 17
Bench Press Competition C&M Sat, Feb 9
Fantastic Freeze Fest Cross Country Skiing & Snowshoe Competition Tue-Wed, Feb 5, 6
Fantastic Freeze Fest Ice Hockey Game Downhill Skiing & Snowboard Competition Thurs, Feb 7
Kayaking Lessons, Sat, Feb 16
Valles Calderas National Preserve Cross Country Skiing & Snowshoe Trip Sat, Feb 9
Cycling Workshop ABQ 50+ Thurs, Feb 28

March

Swimming Workshop, Sat, Mar 2
Winter Sports Cross Country Skiing, Snowshoeing, and Downhill Skiing
Kayaking Lessons, Sat, Mar 9
Table Tennis Wkshp. ABQ 50+ Sat, Mar 2
Bowling Competition ABQ 50+ Tues, Wed, Fri, Mar 12, 13, 15
8 Ball Pool Competition ABQ 50+ Sat, Mar 9
Air Gun Workshop ABQ 50+ Sat, Mar 2
Basketball Free Throw & 3 Point Competition ABQ 50+ Sat, Mar 16
Shuffleboard Competition ABQ 50+ Fri-Sat, Mar 22-23
Swimming Competition ABQ 50+ Sat, Mar 16
Racquetball Competition ABQ 50+ Thurs, Mar 21
Walk About Albuquerque Session 1, Tues, Mar 26-Apr 30
Walk About Albuquerque Too! Session 1, Thurs, Mar 28-May 2
Dance & Talent Show Meeting ABQ 50+ Tue, Mar 19th
Huachas Competition ABQ 50+ Thur, Mar 28

April

Fitness Hiking Mon, Apr-Oct PDFC Every Fri, Apr 19-May 24 (Hiking 101) Every other Fri, Apr-Oct LVFC, NDBF
Table Tennis Competition ABQ 50+ Sat-Sun, Apr 6-7
Air Gun Comp., ABQ 50+ Sat, April 6
Kayaking Lesson, Tue, April 9
5K Racewalk, ABQ 50+ Sat, Apr 20
5K & 10K Road Race, ABQ 50+ Sat, Apr 27
Track & Field Workshop ABQ 50+ Sun, Apr TBA
Pickleball Competition ABQ 50+ Fri-Sun, Apr 12-14
Talent & Dance Competition ABQ 50+ Tues, Apr 30
River Kayak Trip, Tues, Apr 16
Badminton Competition ABQ 50+ Fri-Sat, Apr 26-27
Tennis Competition ABQ 50+ Sat-Sun, 27-28
Rockwall Climbing, Fri, Apr 5, 12, 19



May

Fitness Hiking Mon, Apr-Oct PDFC Every Fri, Apr 19-May 24 (Hiking 101) Every other Wed, Apr-Oct LVFC, NDBF
Archery Competition ABQ 50+ Sat, May 4
Cycling Competition ABQ 50+ Sat-Sun, May 11-12
Walk About Albuquerque, Session 2, Thurs, May 7-Jun 11
Walk About Albuquerque Too! Session 2, Tues, May 9-June 13
Golf Competition ABQ 50+ Thurs, May 9
Track & Field Competition ABQ 50+ Fri-Sat, May 3-4
Horseshoe Competition ABQ 50+ Sat, May 4

June

Fitness Hiking Mon, Apr-Oct PDFC Every other Wed, Apr-Oct LVFC, NDBF
New Mexico Senior Olympics Wed-Sun, June 12-16
Paddleboard Class, Fri, June 14
Mountain Biking Class Thur, June 20



July

Fitness Hiking Mon, Apr-Oct PDFC Every other Wed, Apr-Oct LVFC, NDBF
Paddleboard Class Fri, July 19

August

Fitness Hiking Mon, Apr-Oct PDFC Every other Wed, Apr-Oct LVFC, NDBF
Bench Press Workshop C&M Sat, Aug 4
Paddleboard Class Fri, Aug 23



September

Fitness Hiking Mon, Apr-Oct PDFC Fri, Sept 6-27 (Hiking 101) Every other Wed, Apr-Oct LVFC, NDBF
Kayak Lessons Sept 3-15
Walk About Albuquerque, Session 3, Tues, Sept 3-Oct 15
Walk About Albuquerque Too! Session 3, Thurs, Sept 5-Oct 17
Rockwall Climbing Sun, Sept, 8, 15, 22
Biking Essentials Class Sat, Sept, 14



October

Fitness Hiking Mon, Apr-Oct PDFC Every other Wed, Apr-Oct LVFC, NDBF
Kayak Lessons, Tue, Oct 1
Balloon Fiesta Kayak Trip Tue, Oct 1
BFit2Ski, Session 1, Oct-Nov

November

BFit2Ski Session 2, Nov-Dec



December

Winter Trip registration begins